



Blue Corn Mush with Roasted Corn

Recipe Description: This is a savory version of a common dish that comes from Southwestern tribes. This dish features ingredients used in indigenous cooking like blue corn meal and juniper ash. Roasted sweet corn is mixed in to give the dish extra flavor and make it a filling breakfast.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Arizona Department of Education

Preparation Time: 15 minutes
Cook Time: 45 minutes

NSLP/SBP crediting information:

1 cup provides ½ cup total vegetable (½ cup starchy vegetable), 2.50 oz eq grains

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 50 servings
	Weight	Measure	Weight	Measure	
Corn, frozen	9 lb 4 oz	1 gal 2 qt 1 cup	18 lb 8 oz	3 gal 2 cups	<ol style="list-style-type: none"> Preheat oven to bake at 350°F. Line sheet pan (18" x 26" x 1") with a layer of parchment paper. Spray lightly with pan release spray. Toss corn with oil and black pepper on pan and spread evenly.
Canola Oil		¾ cup 2 tsp		1 ½ c 1 Tbsp 1 tsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 50 servings
	Weight	Measure	Weight	Measure	
					For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	3. Bake at 350°F for 15 minutes.
					4. Critical Control Point: Hold for hot service at 135°F or higher.
					5. Transfer to steam table.
					6. Set aside for step 17.
Parsley, fresh	5 oz	1 cup 2 tsp	10 oz	2 cups 1 Tbsp 1 tsp	7. Chop fresh parsley for garnish.
					8. Set aside for step 17.
Water, cold		3 gal 2 cups		6 gal 1 qt	9. Bring water to a boil.
Salt	1.5 oz	2 Tbsp ½ tsp	3 oz	4 Tbsp 1 tsp	10. Add salt into water.
Blue Corn meal, stone ground*	4 lb 8 oz	3 qt ½ cup	9 lb	1 gal 2 qt 1 cup	11. Mix blue corn meal and juniper ash.
Juniper ash (see notes section)	8 oz	½ cup 1 tsp	15 oz	1 cup 2 tsp	
					12. Add blue corn meal mixture to medium heat, stirring with whisk until smooth.
					13. Reduce heat to medium-high and continue to stir until thickens. 50 servings: approximately 30 – 45 minute cook time. 100 servings: approximately 30 – 45 minute cook time.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 50 servings
	Weight	Measure	Weight	Measure	
					<p>14. Pour about (1 gal) blue corn mush into steam table pan (12" x 20" x 2 1/3"). For 50 servings, use 2 pans. Serve immediately. For 100 servings, use 4 pans. Serve immediately.</p>
					<p>15. Critical Control Point: Hold for hot service at 135°F or higher.</p>
					<p>16. Serve 1 cup (portion with 8 oz spoodle).</p>
Sour cream, light		3 cups		1 qt 2 cups	<p>17. Top with ½ cup roasted corn, 1 tsp sour cream and 1 tsp chopped Parsley.</p>



NUTRITION INFORMATION

For 1 cup (serving size)

NUTRIENTS	AMOUNT
Calories	285
<hr/>	
Total Fat	8 g
Saturated Fat	1.5 g
Cholesterol	4 mg
Sodium	341 mg
Total Carbohydrate	50 g
Dietary Fiber	5 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	7 g
<hr/>	
Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	620 mg
Iron	1.8 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Parsley, Fresh	5.5 oz	11 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2. Same Day Service.

Juniper ash is necessary to bring out the nutritional value of the corn and creates a creamy, thick texture. It can be purchased from third party companies online.

YIELD/VOLUME

50 Servings	100 Servings
Cooked Mush: About 24 lb 14 oz (50cups)	Cooked Mush: About 49 lb 8 oz (100 cups)
Corn: About 9 lb 4 oz (25 cups)	Corn: About 18 lb 8 oz (50 cups)
Parsley, EP: 5 oz	Parsley, EP: 10 oz

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

