



Blue Corn Mush with Strawberries, Banana and Honey

Recipe Description: This recipe is a sweet and fruity version of the dish that comes from Southwestern tribes featuring blue cornmeal and juniper ash (an ingredient sometimes used in Indigenous cooking). Fresh strawberries and bananas topped with honey are added to turn it into a refreshing breakfast.

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

Preparation Time: 20 minutes

Cook Time: 30 minutes

NSLP/SBP crediting information:

1 ½ cup provides ½ cup fruit, 2.50 oz eq grains

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water, cold		3 gal 2 cups		6 gal 1 qt	<ol style="list-style-type: none"> 1. Bring water to a boil. 2. Add salt into water. 3. Mix blue corn meal and juniper ash.
Salt	1.5 oz	2 Tbsp ½ tsp	3 oz	4 Tbsp 1 tsp	
Blue Corn meal, stone ground*	4 lb 8 oz	3 qt ½ cup	9 lb	1 gal 2 qt 1 cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Juniper ash (see notes section)	8 oz	½ cup 1 tsp	15 oz	1 cup 2 tsp	<p>4. Add blue corn meal mixture to medium heat, stirring with whisk until smooth.</p> <p>5. Reduce heat to medium-high and continue to stir until thickens. 50 servings: approximately 30 – 45 minutes cook time. 100 servings: approximately 30 – 45 minutes cook time.</p> <p>6. Pour about (1 gal) blue corn mush into steam table pan (12" x 20" x 2 1/3"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>7. Critical Control Point: Hold for hot service at 135°F or higher.</p> <p>8. Serve 1 cup (portion with 8 oz spoodle).</p>
Strawberries, fresh, stems removed, sliced*	4 lb 4 oz	3 qts 1/2 cup	8 lb 8 oz	1 gal 2 qts 1 cup	9. Into each 1 cup of blue mush bowl: top with ¼ cup sliced strawberries, ¼ cup sliced bananas and ½ tsp honey.
Bananas, fresh, peeled, ½-inch sliced*	4 lb 8 oz	3 qts 1/2 cup	9 lb	3 qts 1/2 cup	
Honey		1/2 cup 1 tsp		1 cup + 1 tsp	
					10. Critical Control Point: Hold for hot service at 135°F or higher.
					11. Serve Warm.



NUTRITION INFORMATION

For 1 ½ cup (serving size)

NUTRIENTS	AMOUNT
Calories	209
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Total Fat	3 g
Saturated Fat	1 g
Cholesterol	0.0 mg
Sodium	328 mg
Total Carbohydrate	44 g
Dietary Fiber	5 g
Total Sugars	9 g
Added Sugars included	0 g
Protein	5 g
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Vitamin A	21 mcg RAE
Vitamin C	25 mg
Vitamin D	N/A
Calcium	604 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Strawberries, fresh	4 lb 14 oz	9 lb 11oz
Banana, fresh	7 lb 1 oz	14 lb 1oz

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 (50 cups)	Cooked Mush: About 49 lb 8 oz (100 cups)
Strawberries, EP: About 4 lb 4 oz (12.5 cups)	Strawberries, EP: About 8 lb 8 oz (25 cups)
Banana, EP: About 4 lb 8 oz (12.5 cups)	Banana EP: About 9 lb (25 cups)

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant