

Blueberry Mush: A Colonial Adaptation of Sautauthig

- 1 ½ cups water
- 1 ½ cups milk
- ¾ cup cornmeal
- 2 TBS butter
- 3 cups blueberries
- 3 tablespoons maple syrup or honey
- ½ teaspoon salt

The traditional Native American recipe used water, cornmeal and blueberries. Colonists added milk, butter, and honey/syrup when it was available. You can make adaptations of your own, too! Try adding vanilla, cinnamon, or nutmeg to this recipe.

Process- If using frozen wild blueberries thaw on a paper towel to remove excess juice.

- Blend the milk and cornmeal with a whisk to remove lumps.
- Bring the water to a boil in a medium saucepan.
- Slowly add the cornmeal and milk mixture while stirring or whisking to keep it smooth.
- Lower the heat and let it cook for about 12 minutes, stirring constantly until it thickens. Add in the sweetener, butter, and salt.
- Gently mix in the blueberries until they are spread throughout.

This dish can be served hot or cold.

Serves 6