

Blue Cornmeal Pudding Cake

1 cup blue or yellow cornmeal
1/4 cup organic Amaranth flour
3/4 cup all purpose flour
1 Tablespoon baking powder
1/4 teaspoon salt
1/2 cup sugar
1 teaspoon vanilla
3 eggs, well beaten
1-1/2 cups milk, room temperature
4 Tablespoons melted butter or oil
Garnish: Wild Blueberry Topping, Fresh berries-blueberries, blackberries, raspberries, and walnut halves.

Preheat oven to 350 degrees F. Sift together the first six ingredients. Set aside.

Mix together the vanilla, eggs, milk and butter.

Combine dry ingredients with the liquid ingredients.

Grease and lightly flour 10 inch round baking dish or greased iron skillet pan. Pour batter evenly into pan; bake for 35 to 40 minutes or tests done with toothpick.

Immediately, pierce top surface with fork. Spoon wild blueberry sauce over top. Serve warm. Serves: 4 to 6

Wild Blueberry Sauce

1 cup wild blueberries
1/2 cup water
3 to 4 Tablespoons honey
1/4 teaspoon salt
1 Tablespoon cornstarch
2 Tablespoons water
1/2 Tablespoon butter

Combine berries, water, honey, and salt in medium saucepan. Bring mixture to boil; simmer gently for 15 minutes. While simmering, mash berries slightly with a potato masher. Mix the cornstarch into water. With the blueberries still simmering, slowly stir in cornstarch mixture. Continue to stir for one to two minutes. Remove from heat; stir in butter.

Inspired by: Kokopelli's Cook Book Authentic Recipes of the Southwest by James & Carol Cunkle

Native Americans of the Southwest raised dozens of varieties of corn. Blue corn varies from lighter blue to very dark purple. Researchers believe that blue corn has more nutritional value than other varieties.

Cook's Note: Serve this recipe warm or room temperature. I topped our dessert with yogurt but whipped cream could be substituted. Since the cake color is purple blue, it is best served the first day. If prepared with yellow cornmeal, the color remains yellow and has a lighter texture. An authentic Native American recipe would not use refined sugar or butter. Usually, honey and oil would be substituted.

About the Recipe: A dense corn cake is topped with a sweet blueberry honey topping and garnished with lots of fresh blueberries, blackberries, raspberries, and walnuts. Native Americans didn't have desserts served after dinner but enjoyed fresh berries, fruit, and nuts with the rest of the meal.

What is Amaranth Flour?

It is a gluten free flour that is 100% stone ground. It is especially high in the amino acid lysine, which is lacking in many grains.

Lysine is an essential amino acid, which means that our bodies need it and depend on it, but can't produce it naturally. It is suggested that it helps treating cold sores, reducing anxiety, preventing herpes, relieving shingles, and helps bones, skin, and hair. For More Information See:

<https://homeremedystore.com/7-amazing-l-lysine-benefits-to-consider/>

<http://umm.edu/health/medical/altmed/supplement/lysine>

