

Cvvhakv
(Bluebread)
Inna Ann Hickey

Serving Size: 8 or more people

Ingredients:

- 4 - cups Maseca Instant Corn Masa Flour
- 3 - teaspoons of bluing
- 3 - cups of tap water – room temperature

Preparation of bluing:

Using purple hull peas or dried corn husks. Allow them to dry out for several days. Once dried, you burn them outside and sift the ashes through a sifter. It will be a fine dark powder.

Preparation of bluebread:

Mix Maseca Instant Corn Masa flour and bluing together. Mix 3 cups of water with flour and bluing until you can make the patties like you would fry bread. Prepare a pot of boiling water on the stove. Amount of water in the pot will depend on the size of your pot. Using water fill your pot ½ full. Make certain your water is boiling, otherwise the dough will fall apart. Pinch off the dough to make a patty, flattening the patties out. Too much water in your dough will make the dough watery and mushy. Drop the patty into hot water. They will begin to swell. Some people flavor with vegetable broth. When the patties rise to the top, they are done. If you stir, stir sparingly. Otherwise, the patties will turn to mush.