

FRYE

ART MUSEUM

Inspired by the installation *A blueberry garden for Seattle* from the exhibition *Duane Linklater: mymothersside*, Seattle-based chef Hillel Echo-Hawk of Birch Basket Catering shares a traditional Pawnee blue corn mush recipe that also uses blueberries and honey. Blue corn mush is a warm, comforting dish that can be made sweet or savory. It's a perfect hot breakfast on a cold morning. Plan a visit to the Frye Art Museum to see the artwork in person—*Duane Linklater: mymothersside* is on view at the Frye through January 16, 2022.

PAWNEE BLUE CORN MUSH

Ingredients

- 1/2 cup blue cornmeal
- 2 cups water (for blue cornmeal)
- 1/2 cup blueberries, either fresh or frozen
- 1/4 cup water (for blueberry syrup)
- Sweetener, such as honey, maple syrup, or agave syrup
- Pinch of thyme, basil, or other aromatics (optional)
- Nuts or seeds (optional)

Instructions

1. Add a little water to the cornmeal to create a wet sand consistency. This prevents the blue cornmeal from clumping before mixing in more water. Cook over medium heat and keep stirring as it thickens up. This will take about 15-20 minutes. You can adjust the amount of the liquid depending on your preferred consistency for the mush.
2. Wash blueberries. Combine blueberries, sweetener, and water in another pot over medium-high heat. Once the mixture comes to a boil, let it simmer for 4-5 minutes until the blueberries burst and the syrup begins to thicken.
3. Stir thyme, basil, or other aromatics into the blueberry syrup if desired.
4. Add your preferred sweetener to the mush towards the end of cooking to prevent it from burning in the mush.
5. Drizzle the blueberry syrup over the mush.
6. If desired, sprinkle nuts and/or seeds over the dish.

ABOUT CHEF HILLEL ECHO-HAWK

Chef Hillel Echo-Hawk (Pawnee and Athabaskan) is an Indigenous chef, caterer, and speaker born and raised in the interior of Alaska around the Athabaskan village of Mentasta. As the owner of Birch Basket, she has a passion for local, ethically sourced, and sustainable foods through an Indigenous lens and perspective. Her food and work has been featured in multiple national and international media sources, including the James Beard Foundation, *Bon Appetit*, Huffpost, *National Geographic*, PBS, *Vogue*, and *The Seattle Times*. An advocate for Indigenous food sovereignty, she speaks on the intersections with food and social justice, colonialisms, and environmental injustice.



ABOUT THE EXHIBITION

Duane Linklater works across a range of mediums to address the contradictions of contemporary Indigenous life within and beyond settler systems of knowledge, representation, and value. *Duane Linklater: mymothersside* is a survey that brings together sculptures, video works, and digital prints on linen, as well as new adaptations of key installations and site-responsive pieces.