

# Susquehanna Loaf (steamed)

1 cup yellow cornmeal  
1 cup whole wheat flour  
1 cup regular flour  
 $\frac{1}{2}$  t. cinnamon

1 t. soda

1 c. pitted dates (chopped)

$\frac{1}{4}$  c. oil

$\frac{1}{2}$  c. molasses

$\frac{1}{2}$  c. honey

1  $\frac{1}{2}$  c. milk

Combine, cornmeal, flours, cinnamon and soda in medium bowl. Add dates and mix until flour coated. In small bowl combine oil, molasses, honey and milk, mix.

Combine 2 mixtures and pour into greased cans  $\frac{1}{2}$  full. Steam. Cover cans with aluminium foil and secure with string or rubber bands. Place covered cans on

Grandma Van Horn

rack in large kettle and pour water  $\frac{1}{2}$  way up on cans. Cover kettle and bring water to boil. Turn heat down & simmer until bread is done - 16oz or 20oz can for 1 hour. To test doneness remove foil & push surface of bread slightly with finger. If bread feels firm & surface moist, but not sticky bread is done. Allow bread to cool some - Then remove from cans.