

Boston Brown Bread (Steamed)

Modified, Based on: Rowena VanHorn's handwritten recipe

Serves: ?

Cooking Time: min 1 hr

1/2 c flour
1 t baking powder
1 t baking soda
1 c cornmeal
1 c whole wheat flour

1 c raisins

1/4 c vegetable oil
3/4 c molasses
2 c buttermilk

- large kettle with cover and rack
- empty, greased food cans (16-20 oz. - but other sizes okay)
- aluminum foil
- heavy rubber bands

Sift flour, baking powder, and baking soda together. Stir in cornmeal and whole wheat flour.

Add raisins and mix well.

In small bowl, combine oil, molasses, and buttermilk. Mix well. Combine the mixtures and fill greased cans half-way.

Steam:

Cover cans with aluminum foil and secure with strong rubber bands.

Place covered cans on rack in large kettle and pour water 1/2 way up on cans.

Cover Kettle and bring water to boil. Turn heat down & simmer until bread is done (16-20 ounce cans for 1 hour)

To test doneness remove foil & push surface of bread slightly with finger. If bread feels firm & surface is moist, but not sticky, bread is done.

Allow bread to cool some. Remove from cans.