

Susquehanna Loaf (Steamed)

Modified, Based on: Rowena VanHorn's handwritten recipe

Serves: ?

Cooking Time: min 1 hr

1 c yellow cornmeal
1 c whole wheat flour
1 c white flour
1/2 t ground cinnamon
1 t soda

1 c pitted dates

1/4 c oil
1/2 c molasses
1/2 c honey
1 1/2 c milk

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

Combine cornmeal, flours, cinnamon, and soda in a 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 1/2 full.

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.