



INDIAN PUDDING

Remember's Recipes

Preparing this pudding in Mem's day would have been a very tedious task. She would have had to spend many hours toiling over an open flame brick oven with no thermometer. For less experienced cooks, this unreliable method often made puddings turn out less than delicious.

Ingredients You'll Need:

- 3 cups of whole milk
- 1 cup of heavy whipping cream
- 1/2 cup of yellow cornmeal
- 1/2 cup of light brown sugar, lightly packed
- 1/2 cup of molasses
- 1 teaspoon of salt
- 2 teaspoons of ground cinnamon
- 1/4 teaspoon of ground nutmeg
- 1/4 teaspoon of ground cloves
- 1/4 teaspoon of ground ginger
- 4 large eggs
- 4 tablespoons of unsalted butter, cut into four pieces

Directions:

Preheat your oven to 275°F. Lightly grease an 8-cup soufflé or baking dish with butter. In a medium-sized saucepan over medium-low heat, bring milk just to a boil. While the milk is heating, pour the cream into a medium large bowl. Then add the cornmeal, brown sugar, molasses, salt, cinnamon, nutmeg, cloves, and ginger. Add this mixture to the milk. Cook, whisking constantly, over medium-low heat until the pudding has thickened to the consistency of syrup (about 5 minutes). Remove from the heat.

In a bowl, beat the eggs with whisk. Temper the eggs by adding 1/2 cup of the hot cornmeal mixture to the eggs while whisking rapidly. Vigorously whisk the rest of egg mixture into the cornmeal mixture. Add the butter, one piece at a time, stirring until melted.

Pour the mixture into the prepared soufflé or baking dish and place the dish on a shallow baking pan on the center oven rack. Pour hot water into the baking pan so that it comes about 2/3 of the way up to the outsides of the soufflé or baking dish.

A Journey to the New World

1.

Makes 8-16 Servings



INDIAN PUDDING *(continued)*

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Bake until the pudding is set, usually about 2 1/2 hours. Remove from the oven and remove the water bath. Let cool slightly. Serve warm with vanilla ice cream or whipped cream.

Always wash your hands before you start preparing food. Ask a grown-up for help when using knives, can openers, choppers, blenders, mixers, ovens or burners. Use pot holders when touching hot pans or trays. Ask a grown-up to help you check to see if your food is completely cooked.

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2.

Makes 8-16 Servings