



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



MEAT PIES

Remember's Recipes

In Mem's day, since there was no refrigeration, meats were often cured and salted to preserve them. Today, we can easily store meat in the freezer or head down to the grocery store when we're craving something to eat.

Ingredients You'll Need:

1/2 pound of sausage
1/4 cup of chopped onion
1 celery stalk, diced
1 carrot, diced
1/2 cup of prepared mashed potatoes
Salt and pepper, to taste
1 can of refrigerated biscuit dough
1 egg, beaten

Directions:

Preheat your oven to 350°F. Brown the sausage, onion, celery, and carrot in a medium skillet. Add the mashed potatoes and season with salt and pepper.

Separate biscuits and flatten to make 3-inch rounds. Roll out the biscuit dough and cut into twelve 3-inch rounds. Top each with a spoonful of meat filling. Pinch the edges to seal and brush with the beaten egg. Using a knife, make two small slits on the top. Place the little pies on a baking sheet and bake for 15 minutes or until golden brown.

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Makes 12 Small Pies



HANNAH POTTS WHIPPLE'S GINGER CAKE

Remember's Recipes

Mem and her family would consider this delicious cake an extra special treat. Spices were a luxury in the New World, as they had to be shipped from abroad. Supply ships arrived annually and only had a limited amount of spices onboard. Today, we have an endless amount of exotic spices available at our local grocery stores.

Ingredients You'll Need:

4 ounces of fresh ginger
1 cup of mild molasses
1 cup of sugar
1 cup of vegetable oil, preferably peanut
2 1/2 cups of flour
2 teaspoons of baking soda
1 teaspoon of ground cinnamon
1/2 teaspoon of ground cloves
1 teaspoon of black pepper
1 cup of water
2 eggs, at room temperature

Directions:

Preheat the oven to 350°F. Line a 9x3" cake pan with a circle of parchment paper. Peel, slice, and chop the ginger very fine with a knife. If it's easier, use a grater. With a mixer, mix together the molasses, sugar, and oil in a bowl. In another bowl, sift together the flour, baking soda, cinnamon, cloves, and black pepper.

Bring the water to a boil in a large saucepan. Remove the pan from heat. Mix the molasses mixture into the hot water. After this is combined, stir in the ginger. Gradually whisk the dry ingredients into the saucepan. Add the eggs and continue mixing until everything is combined. Pour the batter into the prepared cake pan and bake for one hour. After an hour, test the cake by sticking a toothpick in the center. If the toothpick comes out clean, remove the cake from the oven. If your cake is very brown on top and the center is still gooey, cover the pan with a piece of tin foil and continue baking.

Let the cake cool for at least a half hour. Run a knife around the edges of the cake to loosen it from the pan. Gently remove the cake and peel away the parchment paper.

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Serves 10-12 people