

CIVIL WAR DAY – INDIAN PUDDING

(North and South)

A modernized recipe for Indian pudding

1 2/3 cups milk
5 tablespoons cornmeal
2 tablespoons butter
2 eggs, well beaten
1 cup dark molasses
1 teaspoon salt
1 teaspoon ground cinnamon
1/4 teaspoon ground ginger

Scald 1 cup of the milk in the top part of a double boiler over boiling water. Add cornmeal and butter, then remove from heat to let cool for 25 minutes. Meanwhile beat eggs and add to molasses with salt, cinnamon and ginger. Mix thoroughly with the cooled milk and meal mixture. Pour into a buttered deep 1 quart dish and our remaining 2/3 cup cold milk over it. Bake in 350 degree F. oven for 1 hour and 10 minutes. Allow pudding to sit for 20 minutes before serving, for liquid to be partially reabsorbed. Adding the 2/3 cup of milk at the end will result in having an inch of clear liquid at the bottom of the dish. **(Note: You will need to double the recipe to serve 10 people)**

A Cooking Legacy: Over 200 Recipes Inspired by Early American Cooks, Virginia T. Elverson and Mary Ann McLanahan [Walker & Company:New York] 1975 (p. 137-8)