

## BOSTON BROWN BREAD

1 cup rye meal or white flour	1 teaspoon salt
1 cup corn meal	$\frac{3}{4}$ cup molasses
1 cup coarse entire wheat flour	2 cups sour milk or $1\frac{3}{4}$ cups sweet milk or water
$\frac{3}{4}$ tablespoon soda	
1 cup seedless raisins, if desired	

Mix and sift dry ingredients, add molasses and milk, stir until well mixed, and fill well-greased mold not more than  $\frac{2}{3}$  full. Cover closely and place mold on trivet in kettle containing boiling water, allowing water to come halfway up around mold. Cover closely and steam  $3\frac{1}{2}$  hours, keeping water at boiling point. Add more boiling water as needed. In steamed pudding molds, steam  $1\frac{1}{2}$  to 2 hours. Take from water, remove cover, and set in slow oven ( $300^{\circ}$  F.) 15 minutes to dry off. Remove from mold. Cut with string while hot, by drawing string around bread, crossing, and pulling ends. *Makes 2 loaves.*

**To Steam in Double Boiler.** Grease top part and fill half full of batter. Set over lower part in which is enough boiling water to cover its base  $\frac{1}{2}$  inch. Cover closely and steam 3 hours over low heat, keeping water at boiling point.

## Boston Brown Bread

*The proper New England recipe.*

Mix

- $\frac{1}{2}$  cup rye meal or all-purpose flour
- $\frac{1}{2}$  cup corn meal
- $\frac{1}{2}$  cup coarse whole wheat flour
- 1 teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt

Stir in

- $\frac{3}{4}$  cup molasses
- 1 cup sour milk or  $\frac{7}{8}$  cup sweet milk or water

Mix well. Grease a 1 or  $1\frac{1}{2}$  quart mold or two smaller ones. Fill not more than two-thirds full. Put on the cover.

## Quick Loaf Breads

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Place on a rack in a deep kettle. Add boiling water to come halfway up around the mold. Cover. Set over the heat and steam  $3\frac{1}{2}$  hours in a large mold,  $1\frac{1}{2}$  to 2 in smaller ones. Keep the water boiling, and add more as needed to keep the water at the proper level.

Take the mold from the water, remove the cover, and set in a  $300^{\circ}$  oven for 15 minutes to dry out somewhat. Remove the bread from the mold.

**To cut with string.** Old-fashioned cooks

make neat slices by drawing a string around the hot loaf, crossing the ends, and pulling them to cut off slices.

**To cook in a pressure cooker.** Set the mold on a rack in the cooker. Have the water 2 inches deep. Steam 15 minutes with the petcock open. Close and steam 1 hour longer for a large mold, 40 minutes for small ones.

**Raisin Brown Bread.** Add to the batter  $\frac{1}{2}$  cup seedless raisins.