

Baked Indian Pudding

Yield: Serves 8-10

"New England Indian Pudding should be soft. For finest favor use the best dark molasses."

- 1 quart milk
- 5 tablespoons cornmeal
- 2 tablespoons butter
- 1 cup "Grandma's" molasses
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ginger
- 2 eggs, well beaten
- 1 cup cold milk

Scald milk in double boiler. Using a whisk, slowly stir in cornmeal and cook over hot water for 20 minutes. Add all but last ingredient and blend well. Spoon into a 2-quart buttered baking dish. Pour over it the cold milk but do not stir. Bake in preheated 300 degrees F oven for 1-1/2-2 hours. Serve with heavy cream or ice cream.

Indian Pudding

This is a typical New England dessert, which is quite popular with diners at Avon Old Farms Inn. We serve it warm, with a generous dollop of whipped cream." --Avon Old Farms Inn, Avon, Connecticut

- 4-1/2 cups milk
- 3/4 cup yellow cornmeal
- 3/4 cup molasses
- 1 teaspoon ginger
- 1 teaspoon salt

In the top of a double boiler combine milk and cornmeal. Cook over low heat, stirring often so that the bottom will not scorch. Cook about 20 minutes. Set aside and add the molasses, ginger, and salt, mixing well with a wire whisk. Pour into a shallow greased baking pan. Place pan into a water bath (a bottom pan with water, for a double boiler effect). Bake at 350 degrees F for about 1 hour. Using a wire whisk stir frequently or pudding will get lumpy. Cook until pudding is thick, then turn off heat and leave pan in the oven with door open so pudding may cool. Pudding may be served hot or cold, with whipped cream or ice cream.

Ada's Indian Pudding

Ada suggests using a double boiler to cook the cornmeal mixture. Serve warm with whipped cream.

- 2 cups milk
- 1/2 cup cornmeal
- 1 egg, beaten
- 1/3 cup sugar
- 1/2 cup maple syrup
- 1/2 teaspoon ginger
- 1 teaspoon cinnamon
- 1 cup milk

Scald 1-3/4 cups milk, saving 1/4 cup to moisten cornmeal. Stir cornmeal and reserved 1/4 cup milk into scalded milk. Stir until thickened and cook 5 minutes. Add beaten egg, sugar, syrup, and spices mixed together. Cook a few minutes. Add 1 cup cold milk and beat well. Pour into well-greased 2-quart casserole dish, set in pan of hot water, and bake slowly (275 to 300 degrees F), stirring several times, for 2 hours.

Indian Pudding

A New England favorite. Serve warm with cream, or with vanilla or coffee ice cream.

- 3 cups milk
- 1/4 cup molasses
- 3 tablespoons cornmeal
- 1 egg
- 1/2 cup sugar
- 1/2 teaspoon salt
- 1/2 teaspoon ginger
- 1/2 teaspoon cinnamon
- 1/2 cup cold milk
- Lump of butter the size of an egg (about 1/2 stick butter)

Scald 3 cups milk, add molasses and cornmeal, and cook until thick. Remove from heat. Blend together egg, sugar, salt, ginger, and cinnamon; add to milk mixture. Pour into greased 1-quart casserole. Bake for 30 minutes at 325 degrees F; add 1/2 cup *cold* milk and butter. Continue baking for about 1 hour.

Indian Pudding II

A somewhat lighter contemporary version of the old favorite.

- 3 cups milk
- 3 tablespoons butter
- 1/2 cup cornmeal
- 1/2 cup brown sugar
- 1/2 cup molasses
- 4 eggs, well beaten
- 1/2 teaspoon each: ground ginger, cinnamon, and mace
- 1/4 teaspoon salt
- 1/2 cup sour cream

Scald the milk, add the butter and gradually beat in the corn meal. Stir until slightly thickened. Remove from the stove and add the other ingredients, beating well after each addition. Pour into a well-buttered casserole and bake in a slow (275-300 degrees F) oven for about 2 hours. Serve warm with cold whipped cream or a scoop of vanilla ice cream.

Indian Pudding

Offer this legendary New England dessert as an alternative to pies - or along with them.

- 4 cups milk
- 1/2 cup cornmeal
- 3/4 cup molasses
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- 1/4 teaspoon nutmeg
- 3 eggs, well beaten
- 1/2 cup raisins (optional)
- Whipped cream

Preheat oven to 325 degrees F. Butter a 2-quart baking dish. Heat milk slowly in top of double boiler. Slowly add cornmeal and cook over boiling water for 15 minutes, until mixture thickens, stirring occasionally to prevent lumps. Remove from heat. Add molasses, salt, spices, eggs, and if used, raisins. Pour into buttered dish. Bake for 1 to 1-1/2 hours, until pudding is lightly browned on top. (If raisins are used, stir several times during cooking to keep them from settling on the bottom.) Serve warm or cold with whipped cream.

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Recipe: Indian Cornmeal Pudding

Time: 3 1/2 hours

4 cups whole milk
1/2 cup molasses
3/4 cup sugar
1/2 cup cornmeal
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon salt
3 tablespoons butter, more for greasing pan.

1. In a medium saucepan over medium heat, put 3 1/2 cups milk. Add molasses and sugar, and stir; when they are incorporated, turn heat to low. Heat oven to 300 degrees.
2. Slowly sprinkle cornmeal over warm milk mixture, stirring or whisking all the while; break up any lumps. When mixture thickens after 10 minutes or so, stir in all remaining ingredients, except for the remaining milk, and turn off heat.
3. Grease an 8- or 9-inch square baking dish or similar size gratin dish and turn warm mixture into it; top with remaining 1/2 cup milk; do not stir. Bake 2 1/2 to 3 hours, or until pudding is set. Serve warm, cold or at room temperature. Wrapped well and refrigerated, this keeps for several days.

Yield: 4 to 6 servings.

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