

Indian Pudding

(serves 8-10)



Ingredients:

- 2 Eggs
- ½ tsp Cinnamon
- 4 cups whole Milk
- ½ tsp dry Ginger
- ½ cup Corn Meal
- ¼ tsp Allspice
- 2 tbsp Butter
- Pinch Nutmeg
- ½ cup Molasses
- ⅔ cup Golden Raisins
- ¼ cup Maple Syrup
- ½ tsp Vanilla extract
- ¼ cup brown Sugar
- 1 tbsp Butter to grease the pan
- 1 tsp Salt
- Vanilla Ice Cream for serving

Method:

Preheat oven to 325°.

Beat eggs in a small bowl and set aside.

In a 6-quart pot, heat milk to hot, DO NOT BOIL.

Slowly add in corn meal and whisk continually until all of the corn meal is added.

Cook for 10 minutes on a low simmer, stirring occasionally.

Be careful that it does not stick and burn to the bottom of the pan.

Remove from heat and add all other ingredients except the beaten eggs.

Mix to combine.

Temper the eggs by slowly adding some of the hot pudding, a little at a time, to the eggs, stirring as you go (about a cup total).

Then add the egg mixture to the pot and stir.

Pour the mixture into a buttered 6-cup casserole dish (or pudding basin) and place the casserole dish in a water bath.

Bake for about one hour and 30 minutes.

Pudding should be set up and somewhat firm.

If the center is a bit loose, that is OK.

Let the pudding rest for 15 minutes, then serve with a scoop of vanilla ice cream (or whipped cream).

NOTE: The water bath just needs to be a pan larger than the casserole dish, and filled with enough hot water to come halfway up the outside of the casserole dish.

The pudding can be baked without the water bath, but the moisture makes for a creamier pudding.