

Indian Pudding

From Fred Meyer Nutrition Centers

Ingredients

- 1 quart milk, scalded
- 5 Tbsp stoneground corn meal
- 2 well beaten eggs
- 1 tsp sea salt
- 1/2 tsp ground ginger
- 1/2 tsp nutmeg
- 2 Tbsp butter
- 1 cup unsulphured molasses
- 1/2 cup raisins

Instructions

1. Preheat oven to 325°.
2. Pour the milk over the cornmeal in a saucepan and bring to a boil.
3. Cook over low heat, stirring constantly till smooth and creamy, about 15 minutes.
4. Pour milk-cornmeal mixture over the beaten eggs.
5. Add the salt, ginger, nutmeg, butter, molasses, and raisins and pour into a greased baking dish.
6. Bake approximately 1 1/2 hours.
7. Serve warm with ice cream or whipped cream.

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INDIAN PUDDING

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5 tablespoons stoneground corn meal

2 well beaten eggs

1 teaspoon sea salt

½ teaspoon ground ginger

½ teaspoon nutmeg

2 tablespoons butter

1 cup unsulphured molasses

½ cup raisins

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Pour milk-cornmeal mixture over the beaten eggs. Add the salt, ginger, nutmeg, butter, molasses and raisins and pour into a greased baking dish.

Bake approximately 1½ hours. Serve warm with ice cream or whipped cream.

