



Rhode Island Indian Pudding

Ingredients:

¼ cup cornmeal
¾ cup molasses
2 ½ cups milk
3 eggs
1 tsp vanilla extract
½ tsp grated fresh ginger root

For the garnish:

1 cup whipping cream
¼ tsp ground cinnamon

Procedure:

1. Preheat oven to 350°
2. Heat 2 cups of the milk to a simmer and add the cornmeal very slowly, while stirring or whisking.
3. Lower the heat after the mixture starts to boil and cook, stirring continuously, for 15 minutes.
4. Meanwhile, heat the remaining ½ cup milk and add the molasses, vanilla, and ginger.
5. Beat the three eggs in a separate container.
6. Add the milk and molasses mix to the cornmeal.
7. Take a small amount of this mixture, and add it to the eggs.
8. Add the egg mixture back to the cornmeal and molasses off the heat. Mix well and force through a colander or strainer.
9. Pour mixture into ramekins or a shallow dish and place in a water bath.
10. Bake for 90 minutes or until a test stick comes out clean.

Serve warm with unsweetened whipped cream and cinnamon.

Serves 4.