

## INDIAN PUDDING

Indian Pudding is the oldest of New England desserts and many people think that it is the best. Early New Englanders baked it on Saturday in the same oven as the baked beans. The pudding cooked for 10 hours in the oven and was eaten for supper, dished up in a soup plate and drowned in thick, sweet cream. Here is the very old, very New England, very Red Lion Inn version, which fortunately takes only 2 hours to cook. Indian Pudding is best if made a day before it is eaten.

### Ingredients:

6 cups	Milk
2	Eggs
2 2/3 cups	Molasses
3 tbs	Ground Cinnamon
1 tbs	Ground Ginger
1 cup	Peeled, Cored & Thinly Sliced Apples
½ cup	Raisins
½ cup	Butter
½ cup	Cornmeal (plus 2 tbs)
	Vanilla Ice Cream or Whipped Cream, for topping

- Preheat oven to 300°F. Grease a 2 ½ - 3 quart shallow baking dish. Combine 5 cups of the milk with the butter in a large saucepan, bring to boil.
- Mix remaining milk with cornmeal in a bowl and add to the scalded milk. Cook 20 minutes over low heat, stirring slowly so mixture does not burn.
- Mix eggs, molasses and spices in a bowl. Add egg mixture to thickened cornmeal mixture and whisk thoroughly. Pour mixture into prepared baking dish and bake for 1 hour.
- Stir apples and raisins into the pudding and bake for 1 hour more or until a toothpick inserted in the center comes out clean. Serve warm, topped with vanilla ice cream or whipped cream.

