

Indian Pudding

Servings : 8

Amount	Measure	Ingredient - Preparation Method
3	cups	whole milk
1	cup	heavy cream
1/2	cup	yellow cornmeal
1/2	cup	light brown sugar
1/2	cup	molasses
1	teaspoon	salt
2	teaspoons	cinnamon
1/4	teaspoon	ground nutmeg
1/4	teaspoon	ground cloves
1/4	teaspoon	ground ginger
4	large	eggs
4	tablespoons	butter - cut into 4 pieces

Preheat oven to 275. Lightly grease a 6-8 cup souffle or baking dish with butter.

In a medium saucepan over med-low heat, scald the milk.

While the milk is heating, pour the cream into a medium to large bowl, add the cornmeal, sugar, molasses, salt, cinnamon, nutmeg, cloves and ginger. Add this to scaled milk. Cook, whisking constantly, over med-low heat until thickened to consistency of syrup, about 5 minutes. Remove from heat.

Beat eggs with whisk. Temper by adding 1/2 cup of the hot cornmeal mixture to the eggs while whisking rapidly. Whisk eggs mixture into remaining cornmeal mixture. Add butter, one piece at a time, stirring until melted.

Pour mixture into souffle dish and place dish on a shallow baking pan in center rack. Pour enough hot water into the baking dish to come up 2/3 of the way.

Bake until set, about 2 to 2.5 hours. Remove from oven and bath and cool slightly.

Serve warm with vanilla ice cream or whipped cream.