

Cornmeal Pudding

(serves 4-6)

INGREDIENTS

4 cups milk

1 cup yellow cornmeal

1/4 cup soy grits soaked in 1/2 cup water

1/3 cup butter

1/2 cup brown sugar

2/3 cup maple syrup (or light molasses)

3/4 tsp salt

1/2 tsp cinnamon

1/4 tsp cloves

1/4 tsp ginger

1/8 tsp allspice

1/8 tsp nutmeg

1/2 cup fine-chopped dried apples
(optional)

2 eggs



DIRECTIONS

In a big pan, bring the milk to a boil.

Add the cornmeal and soy grits gradually and stir quickly to keep lumps from forming. Lower heat and beat vigorously until it starts to get thick (about 5 minutes). Remove from heat.

Add butter, sugar, maple syrup (or molasses), spices, and dried apples, if using. Let cool a little.

Stir in 2 beaten eggs.

Pour into buttered baking dish, and bake 50-60 minutes at 325° F. until pudding is firm.

Serve warm with cream, vanilla ice-cream, or plain yoghurt.

Indigenous Ingredients: Cornmeal, Dried Apples, Maple Syrup

“Create love in the kitchen! Enter with a good mind, happy heart and clean hands!”