



Apple-maple Indian Pudding

Make this irresistible dish with maple syrup and apples.

Apples and maple syrup add interest to this New England staple.

Ingredients 4 cups milk 1/2 cup yellow cornmeal 1/4 cup pure maple syrup 1 tsp. salt 1 tsp. cinnamon 1/2 tsp. ground ginger 1 egg 1/2 cup molasses 2 T. unsalted butter 2 apples, peeled, cored and shredded (Macouns, McIntosh or Cortlands are best)

Preparation

Preheat oven to 300 degrees F.

Combine cornmeal, salt, cinnamon and ginger.

Scald 3 cups of milk in the top of a double boiler. Remove from heat and gradually blend in cornmeal mixture, stirring constantly.

In a small bowl, beat egg well; add molasses and maple syrup. Add 3 tablespoons of the cornmeal-milk mixture, stirring well.

Vigorously stir egg mixture into hot cornmeal. Return double boiler to heat and cook about 10 minutes or until very thick, stirring constantly. Remove from heat and beat in 2 tablespoons of butter.

Place shredded apple in a buttered, 2-quart casserole. Cover with cornmeal mixture. Pour 1 cup milk over the top.

Bake at 300 degrees F for about 2 hours or until top is browned. Serve warm with vanilla ice cream. Serves 6.