

PRESIDENT JOHN ADAMS

ABIGAIL ADAMS' INDIAN PUDDING

8 SERVINGS

20 MINS
PREP TIME

1 HOUR
30 MINS
COOK TIME

INGREDIENTS

- 4 cups whole milk
- ½ cup cornmeal
- ½ teaspoon salt
- 2 tablespoons unsalted butter
- 2 large eggs, beaten
- ½ cup molasses
- ¼ cup maple syrup
- 2 teaspoons sugar
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ⅛ teaspoon freshly ground nutmeg (or prepared ground nutmeg)

INSTRUCTIONS (SLOW COOKER)

1. Butter the inside of a 6-quart slow cooker and preheat on high for 15 minutes.
2. In a large, heavy-bottomed pot over medium heat, whisk together milk, cornmeal, and salt and bring to a boil.
3. Turn heat to low, cover and simmer on low for 10 minutes. Remove from the burner and add butter.
4. In a medium-sized bowl, combine eggs, molasses, maple syrup, sugar and spices. Add some of the hot cornmeal mixture to the egg mixture to temper the eggs and transfer egg mixture to pot, whisking constantly.

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INSTRUCTIONS (CONTINUED)

5. Pour batter into a slow cooker and cook on high for 2–3 hours, or on low for 6–8 hours. The center will not be quite set. Let stand for 10 minutes.

6. Serve warm topped with ice cream or whipped cream.

Instructions (Oven)

1. Preheat the oven to 325°F.

2. Follow directions 2–4 above. Pour batter into a 9”x13” baking dish and bake for 90 minutes. Let stand for 10 minutes. Serve warm topped with ice cream or whipped cream.

NUTRITION PER SERVING (6 SERVINGS)

Calories 235· Total Fat 8g · Saturated Fat 5g · Sodium 230mg · Total Carbohydrates 35g · Dietary Fiber 1g · Added Sugars 23g · Protein 6g

DIETITIAN'S NOTE

You could reduce the sugar content by using less molasses or replacing it with less agave, which has a slightly sweeter taste.

Adapted from: Cooking with the First Ladies