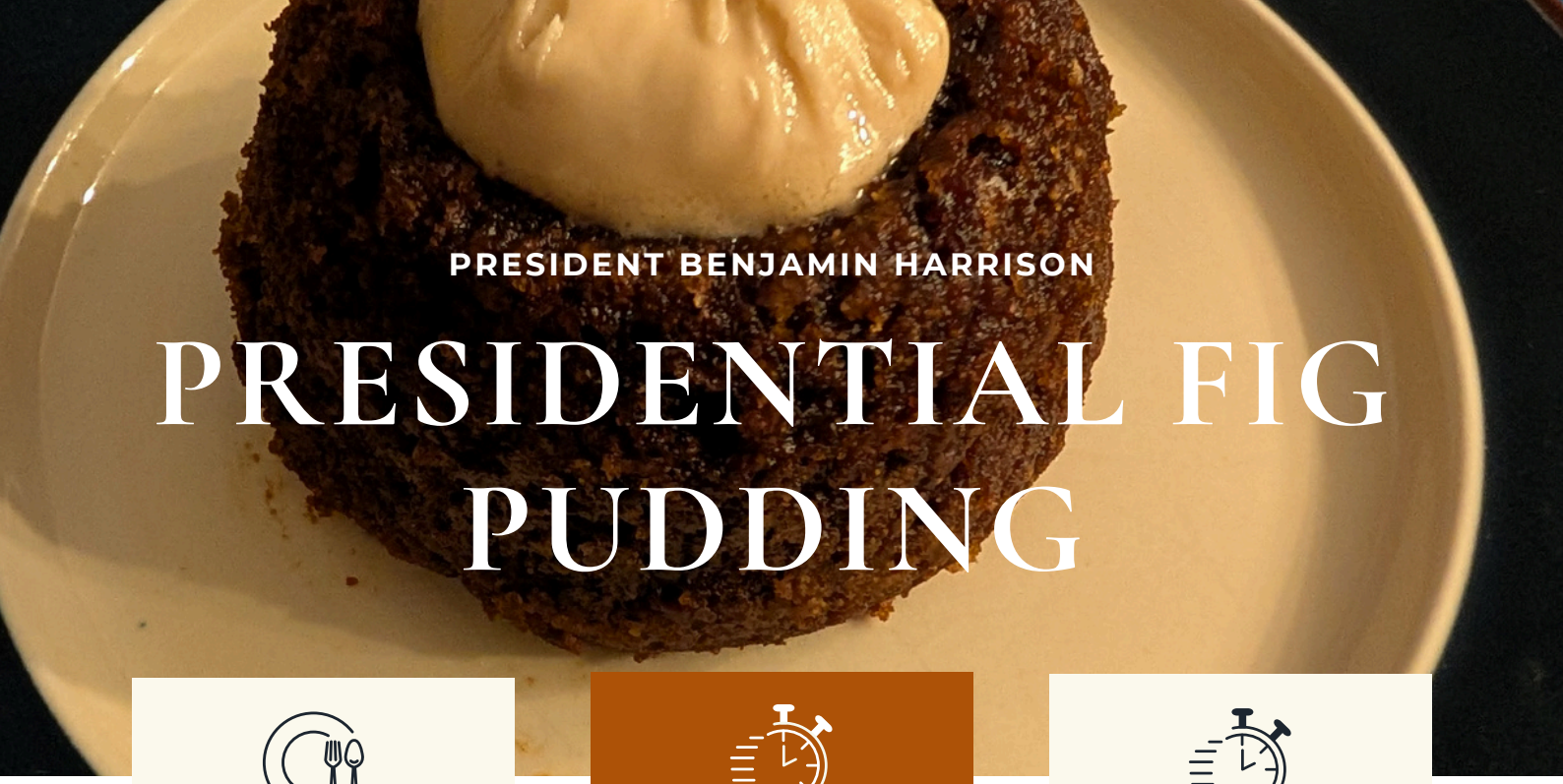

PRESIDENT BENJAMIN HARRISON

PRESIDENTIAL FIG PUDDING

8-10
SERVINGS

15 MINS
PREP TIME

5 HOURS
COOK TIME

INGREDIENTS

- 1 teaspoon baking soda
- 1 tablespoon hot water
- 1 cup milk
- 2 eggs
- 3¼ cups flour
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 1 cup black molasses
- 1 cup unsalted butter or chopped suet
- 1 pint dried figs, finely cut

FOR HARD SAUCE

- ½ cup unsalted butter, softened
- 1½ cups powdered sugar
- 2 tablespoons of vanilla extract

INSTRUCTIONS

1. Dissolve baking soda in hot water.
2. Mix into the milk. Set aside momentarily.
3. Beat eggs until frothy, then stir into the milk mixture.
4. Sift flour with cinnamon and nutmeg.
5. Add sifted dry ingredients to the milk-egg mixture and beat thoroughly.
6. Combine black molasses with chopped suet and dried figs, then mix well into the batter.
7. Turn into eight buttered 4-ounce portion pudding molds, or into four buttered 8-ounce mugs. You could also use one well-buttered brown bread mold.

PRESIDENTIAL FIG PUDDING



INSTRUCTIONS (CONTINUED)

8. Steam, covered tightly, for 5 hours.

9. Meanwhile, blend together softened butter, powdered sugar, and vanilla extract until a creamy sauce forms. Chill in the refrigerator until ready to use.

10. Serve fig pudding warm with hard sauce.

* Hard sauce is a butter and sugar mixture flavored with brandy, rum, or vanilla, creamed together and served chilled so it melts into the warm pudding.

NUTRITION PER SERVING (8 SERVINGS)

Calories 830 • Total Fat 38g • Saturated Fat 23g • Sodium 260mg • Total Carbohydrates 116g • Dietary Fiber 5g • Added Sugars 45g • Protein 11g

DIETITIAN'S NOTE

This recipe is high in calories, fat, saturated fat, and added sugar. Using the hard sauce sparingly would reduce some of those factors. And replacing white flour entirely or partially with whole-wheat flour would boost the dietary fiber and micronutrients.

Adapted from: Poppy Cannon's The President's Cookbook