

# Making Corn Pudding

Corn was a mainstay of the Puritans' diet, as is evident in the Wood household. Corn bread, corn cakes, corn mush, and corn pudding are typical daily foods there, often served as the only dish at a meal. Kit learns the hard way how important it is to make that one food just right, following the recipe to the letter.

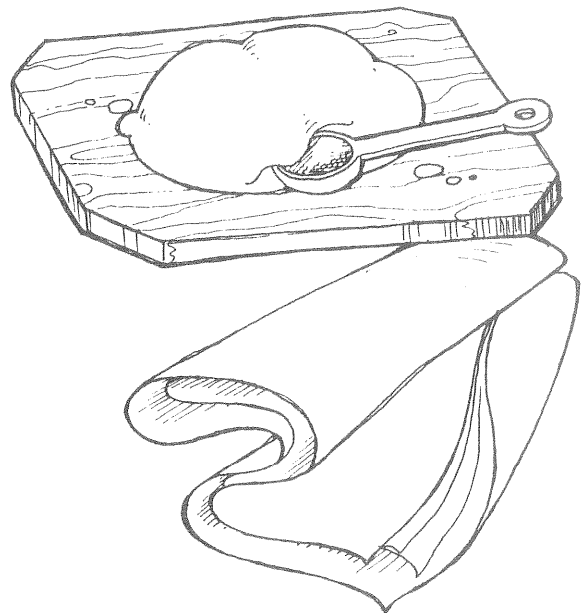
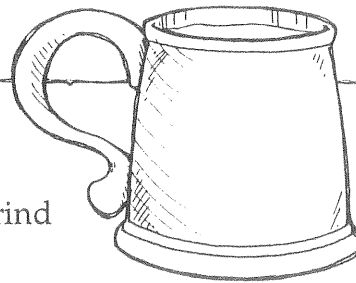
"The corn meal had to be added to the boiling kettle a pinch at a time. Before half of it was consumed, Kit's patience ran out...in a burst of resentment she poured in the remaining cupful all at once. She learned her mistake when the lumpy indigestible mass was ladled onto her wooden trencher."

-Chapter 4

In order for a recipe to come out properly, it must be followed precisely. To test this yourself, split into two groups. One should make corn pudding according to the recipe below. The other should use the same ingredients, but follow Kit's method of preparation.

## Ingredients:

- 6 cups milk, scalded
- 1 cup yellow corn meal
- ½ cup molasses
- ¼ cup sugar
- 1 teaspoon salt
- 1 teaspoon ginger or grated lemon rind
- ¼ teaspoon baking soda
- 2 eggs, slightly beaten



## Directions:

Sift the corn meal slowly into the milk. Cook in a double boiler for 20 minutes. Add the other ingredients. Pour onto a buttered baking dish and bake for three hours. Serve warm with cream, if desired.

**Note:** Kit's recipe would more typically have involved corn meal and water, similar to making boxed oatmeal today. To see very clearly and quickly what happened to Kit's pudding, try doing what she did by using instant oatmeal and water.