



### **Boston Brown Bread**

Featured on July 13th, 2018 for “Exploring the Northeast” demo with Chef Brian Patterson

*Boston Brown Bread is steamed in a can, and quite possibly that can will be a bean can as the bread is often enjoyed with, you guessed it, baked beans and hot dogs. This regional favorite can also be slathered with cream cheese. The cylindrical bread is dense and slightly sweet because of a key ingredient: molasses. Recipes for brown bread often include cornmeal, an ingredient that connects this bread back to the indigenous foodways of the Northeast and the American Indian communities that have long relied on corn as a dietary staple. Recipes also include rye flour, an ingredient that was available to European settlers in the Northeast prior to refined wheat flour. Over time, refined wheat flour was added back into recipe and is included in the one below. Give this regional treat a try—just make sure to have two empty cans on hand!*

### **Boston Brown Bread**

**By Alton Brown\***

#### **Ingredients**

Nonstick spray  
Boiling water  
2.5 ounces whole wheat flour  
2.5 ounces rye flour  
2.5 ounces cornmeal  
½ teaspoon baking soda  
½ teaspoon baking powder  
½ teaspoon kosher salt  
½ teaspoon freshly ground allspice  
6 ounces molasses (by weight)  
8.5 ounces buttermilk  
1 teaspoon vanilla extract  
½ teaspoon orange zest

2 empty 26.5 ounce cans

#### **Directions**

Move a rack to the bottom third of the oven and heat the oven to 325 degrees F.

Spray the insides of the cans with nonstick spray and place set a deep 3-quart oven-safe pot. Begin heating enough boiling water to come halfway up the sides of the cans when poured into the pot.

In a medium mixing bowl, whisk together the wheat flour, rye flour, cornmeal, baking soda, baking powder, salt and allspice. Add the molasses, buttermilk, vanilla and zest and whisk to combine. Divide

the mixture evenly between the prepared cans. Cover the top with a double thickness of aluminum foil and tie securely with string. Pour the boiling water into the pot. Carefully place in the oven and bake for 1 hour and 15 minutes or until the edges of the bread begin to pull away from the sides of the cans. Remove the cans from the pot of water, uncover, place on a cooling rack and cool 1 hour before removing bread from the cans. Serve with baked beans or slice, toast and serve with cream cheese.

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\*Originally performed on: **Good Eats**, “Pantry Raid X: Dark Side of the Cane,” Season 12, Episode 14



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