



### INDIAN PUDDING WITH CITRUS SAUCE

Featured on March 18, 2017, for the program “The Women behind America’s First Cookbooks”

*What was the first cookbook written by an American for Americans, and how did the recipes differ from other volumes at the time? The earliest American home cooks frequently used English cookery books, if they used books at all, to prepare meals. But in the late 18<sup>th</sup> and through the 19<sup>th</sup> century, American women documented the nation’s changing culinary culture in their own cookbooks. These books paint a portrait of early American life, the changing palate of the nation, and the unexpected patriotic work of maintaining the home kitchen. On March 18<sup>th</sup> we were joined by chef Angie Lee of Sur La Table, who prepared a few recipes from cookbook authors such as Amelia Simmons, Mary Randolph, and Catharine Beecher, and we discussed how these women had a profound influence on American culinary history.*

*Amelia Simmons’ American Cookery (1798) is a perfect example of early American cooking—heavily rooted in European culinary tradition, but incorporating indigenous American ingredients. She provides three recipes for “Indian pudding” in her book, so-named for the meal made from “Indian corn” (maize, rather than the “English corn” also known as wheat.) Simmons incorporates many American Indian foods into her recipes, including wild fowl and game, squash and “pompkins,” and “cramberry” sauce. We accompanied our version of Simmons’ pudding with a sauce from Catharine Beecher, whose notions of “healthful” food and the responsibilities of domestic life would prove as influential to 19<sup>th</sup> century women as Simmons was to the women of early America. Below is our version of Indian pudding, followed by Simmons’ 1798 pudding and Beecher’s 1850 sauce recipes.*

### INDIAN PUDDING WITH CITRUS SAUCE (2017)

Courtesy of Chef Angie Lee, Sur La Table

Serves 8–10

#### For the pudding:

- 4 cups whole milk
- 1 cup finely ground corn meal
- ¾ cup maple syrup
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ⅛ teaspoon ground allspice
- ½ stick unsalted butter, plus additional for buttering baking dish
- 4 eggs, beaten
- ½ cup dried cherries
- ½ cup golden raisins
- ½ cup chopped dried apricots

#### For the sauce:

- One 4-inch strip orange peel
- One 4-inch strip lemon peel
- 2 teaspoons all-purpose flour mixed with 2 tablespoons water
- 2 cups brown sugar
- 1 tablespoon unsalted butter
- ¼ cup white wine, such as Riesling, Pinot Grigio, or Chardonnay

## Directions

**To make the pudding:** Preheat the oven to 300°F. Butter a 10x10 square baking dish.

Heat the milk in a medium saucepan over medium heat. When the milk begins to boil, slowly add the cornmeal while continuously whisking. Lower the heat and continue to whisk until the cornmeal is thickened, about 5 to 10 minutes. Remove from the heat and mix in the maple syrup, spices and butter. Mix in the beaten eggs. Mix in the dried fruits. Transfer the pudding to the buttered baking dish and bake until set, about 55 to 60 minutes.

**To make the sauce:** Place the citrus peels with 1 cup water into a small saucepan set over medium heat. When the water comes to the boil, remove the citrus strips. Whisk in the flour/water slurry and return the pot to a boil. Continue to stir and cook at a boil, for about 4 to 5 minutes. Add the brown sugar and whisk to dissolve. Return the mixture to the boil. Remove from the heat, stir in the butter and wine.

**To serve:** Spoon the pudding onto dessert plates and garnish with the sauce. Serve warm.



### “A NICE INDIAN PUDDING” (1798)

By Amelia Simmons, “An American Orphan”

Originally printed in: *American Cookery, or the Art of Dressing Viands, Fish, Poultry, and Vegetables and the Best Modes of Making Pastes, Puffs, Pies, Tarts, Puddings, Custards and Preserves and all kinds of Cakes, from the Imperial Plumb to Plain Cake. Adapted to this Country and all Grades of Life.* Hartford: Simeon Butler, 1798.

3 pints scalded milk, 7 spoons fine Indian meal, stir well together while hot, let stand till cooled; add 7 eggs, half pound raisins, 4 ounces butter, spice and sugar; bake one and half hour.



### “A HEALTHFUL PUDDING SAUCE” (1850)

By Catharine Beecher

Originally printed in: *Miss Beecher’s Domestic Receipt Book: Designed as a Supplement to her Treatise on Domestic Economy.* Third edition. New York: Harper & Brothers, 1850. Page 129.

Boil in half a pint of water, some orange or lemon peel, or peach leaves. Take them out and pour in a thin paste, made with two spoonfuls of flour, and boil five minutes. Then put in a pint of brown sugar, and let it boil. Then put in two spoonfuls of butter, and a glass of wine, and take it up before it boils.



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