

Indian Pudding: An English Tradition

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Indian Pudding

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The *Indian* in Indian Pudding didn't mean the colonists learned to make it from the Indians (although the original Americans almost certainly made something similar). It's called that because the settlers used the Indian grain, corn. In fact Indian Pudding is probably a direct descendent of Hasty Pudding, an English mush made with wheat or oatmeal in some cases. But "mush" is an unsavory description. It actually is a sweetened, spiced corn pudding and a warming treat on a cold rainy day. ([Larger image.](#)) Serves 2.

Prep Time: 15 minutes

Cook Time: 1 hour, 30 minutes

Total Time: 1 hour, 45 minutes

Yield: Serves 2.

Ingredients:

- 1 cup whole milk
- 5 tsp. finely ground cornmeal
- 2 Tbsp. molasses
- 1 1/2 Tbsp. unsalted butter, separated
- 2 Tbsp. light or dark brown sugar
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cinnamon
- Pinch of ground nutmeg
- Pinch of kosher salt

Preparation:

1. Heat oven to 350F. Butter two 1-cup ramekins with 1/2 of butter. Bring 1 quart of water to a boil.
2. Whisk cornmeal into 1/3 cup of cold milk in small bowl. Meanwhile, bring remaining milk almost to a boil (bubbles should be appearing around the edges) over medium-high heat.
3. Slowly whisk cornmeal mixture into hot milk. Bring to simmer, then reduce heat and continue simmering, stirring frequently, for 15 minutes – until thickened.
4. Remove from heat and stir in all the remaining ingredients. Pour into the buttered ramekins and place them in a larger baking dish with high sides in the center of the oven. Add enough of the hot water to come halfway up the sides of the dish containing the pudding. Cover both pans with foil and bake for 45 minutes.
5. Remove foil and continue baking until the pudding is almost set but still wobbly, about 1 hour more. When done, place casserole on a wire rack and cool for at least 30 minutes before serving. Serve warm topped with whipped cream or vanilla ice cream.

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