



## ABIGAIL ADAMS' INDIAN PUDDING

*Recipe adapted from the New England Network*

### Ingredients:

- 4 cups whole milk
- 1/2 cup cornmeal
- 1 tsp salt
- 2 Tbsp unsalted butter
- 2 large eggs, beaten
- 1/2 cup molasses
- 1/4 cup maple syrup
- 2 tsp sugar
- 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/8 tsp freshly ground nutmeg (or ground nutmeg)

### Instructions (Slow Cooker):

1. Butter the inside of a 6-quart slow cooker and preheat on high for 15 minutes.
2. In a large, heavy-bottomed pot over medium heat, whisk together milk, cornmeal, and salt and bring to a boil.
3. Turn heat to low, cover and simmer on low for 10 minutes. Remove from burner and add butter.
4. In a medium-sized bowl, combine eggs, molasses, maple syrup, sugar and spices. Add some of the hot cornmeal mixture to the egg mixture to temper the eggs and transfer egg mixture to pot, whisking constantly.
5. Pour batter into slow cooker and cook on high for 2-3 hours, or on low for 6-8 hours. The center will be not quite set. Let stand for 10 minutes.
6. Serve warm topped with ice cream or whipped cream.

### Instructions (Oven):

1. Preheat oven to 325 degrees.
2. Follow directions 2-4 above. Pour batter into a 6-quart baking dish and cook in oven for 90 minutes. Let stand for 10 minutes. Serve warm topped with ice cream or whipped cream.

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<https://national-womens-history-museum.myshopify.com/collections/books/products/first-ladies-cookbook>