

# Indian Corn (Hasty) Pudding

Hasty pudding was a dish brought over from England by the pilgrims. But the New England version, which records show was made as early as 1621, was baked with cornmeal (instead of flour) and often served with molasses or honey.

Over time, the recipe evolved to include other ingredients such as milk, eggs, and butter. It was also commonly referred to as "Indian Corn Pudding," likely because it incorporated Native American methods of using cornmeal as a staple food source.

Today, hasty pudding is most commonly associated with New England culinary tradition and can be found on menus at traditional New England dinners or served alongside roasted meats like ham or turkey.



## Ingredients

- 3 cups (24 fluid ounces/710 ml) milk
- 1/4 teaspoon salt
- 1/8 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ginger
- 1/3 cup yellow corn meal
- 1/4 cup unsulphured molasses
- 3 tablespoons sugar
- 2 tablespoons (1 ounce/28 grams) unsalted butter
- 1 large egg, lightly beaten

## Directions

Preheat oven to 275 degrees and butter a 1.5-quart baking dish. Then in 2-quart saucepan, heat milk just to a simmer.

While oven and milk are heating, whisk together salt, baking powder and spices in a small bowl and get other ingredients ready.

When milk is hot, gradually whisk in the corn meal. Cook at a slow bubble, stirring frequently, for about 15 minutes until slightly thickened (rather like pancake batter). Remove from heat.

Whisk in the molasses, sugar, butter, and spice mixture. Whisk a little of the hot mixture into the egg, then add it back to the pot, whisking well. Pour into buttered baking dish. Bake for 2 hours. Cool for 30 minutes to an hour before serving. Top with whipped cream or vanilla ice cream.

# Wampanoag Boiled Bread

Boiled bread is a small patty made mostly of cornmeal with crushed nuts and berries added in. It is dropped in a pot of boiling water and when done, rises to the top.

It was introduced to the pilgrims by the Wampanoag tribe, and was very likely served at the first Thanksgiving.

## Ingredients

2 quarts lightly boiled water  
1/2 cup cornmeal  
1/2 cup corn flour (or wheat flour)  
1/2 cup dried currants  
1/2 cup crushed walnuts.  
Maple syrup or sugar to taste.  
A pinch of salt to taste.

## Directions

Mix all of the ingredients together.

Slowly add spoonfuls of boiling water to dry ingredients until a slightly sticky dough forms.

Shape dough into patties (about 3 inches in diameter and 1/2 inch thick).

Drop 1 or 2 patties into boiling water at a time, carefully making sure they do not stick to the bottom of your pot.

Cook until they float (ours took about 12 minutes).



# Stewed Pompion

The term "pompion" was used by the pilgrims to refer to pumpkins and other squashes, which were readily available in the New World and quickly became a staple crop for many settlers. In fact, pumpkin was even used as a form of currency at times.

Stewed Pompion was often made with pumpkin, onions, herbs, and either beef or pork. The ingredients would be slow cooked in a large pot over an open fire, resulting in a savory and hearty dish. This type of stewing method was common among the pilgrims and native peoples alike.

As time passed, pumpkins began to be used more in sweet dishes such as pies and breads. Stewed Pompion fell out of popularity and is now considered a historical dish. However, it can still be found on the menus of some traditional New England restaurants or served at Thanksgiving feasts.



## Ingredients

4 cups of cooked pumpkin  
3 tablespoons butter  
2 to 3 teaspoons cider vinegar  
1 or 2 teaspoons ground ginger  
1/2 teaspoon salt

## Directions

Cook pumpkin however you desire (bake, boil or steam), then mash with a potato masher.

In a saucepan over medium heat, stir mashed pumpkin together with remaining ingredients. Adjust seasonings to taste.

Serve hot as a side dish or spread over toast.

# Cranberry Scones

The first Thanksgiving feast in 1621 likely included cranberries, as wild growing cranberry vines were abundant in the Plymouth area. Native Americans were known to use cranberries for multiple purposes, including as a dye, food, and medicine. The pilgrims quickly adopted cranberries into their own diets, using them in dishes such as stuffing and cranberry sauce.

For this teatime, we thought it would be lovely to bake some cranberry scones. The delightful tartness mixed with Devonshire cream and jam, makes a tasty treat to eat as you sip your cup of tea.

## Ingredients

2 cups all purpose flour  
½ teaspoon cinnamon  
1 tablespoon baking powder  
¼ cup cold butter cubed  
⅔ cups frozen cranberries  
3 tablespoon brown sugar  
¾ cup milk

## Directions

Preheat oven to 400 degrees and grease a baking sheet (or line it with parchment paper or a silicone mat).

Mix the flour, cinnamon, and baking powder together in a mixing bowl, then add in the cold cubed butter, cutting it in as you would with a pie crust.

When the mixture is crumbly and no large chunks of butter remain, stir in the frozen cranberries and brown sugar. Mix well.

Add the milk to the cranberry scone dough, and mix until a soft and sticky dough is formed.

Turn the dough out on a floured countertop, and knead two or three times to smooth out the dough. (Add a bit of flour if the dough is too sticky.)

Roll out the dough with a rolling pin until it is about half an inch thick. Then cut the dough into triangles, arrange on baking sheet, and brush with milk. Sprinkle tops with a bit of sugar.

Bake at 400F for 12 to 15 minutes. Serve hot.

