

# Never Eat Puddings In Haste...

The food holiday, National Chocolate Pudding Day, is observed each year on June 26th. Chocolate pudding has been loved by children and adults for many years. Usually eaten as a snack or dessert, chocolate pudding is also used as a filling for chocolate creme pie. There are today any number of kinds of puddings, enough to appeal to all tastes. Enjoy silky panna cotta, a wonderful Italian pudding. Try simple bread puddings using not only leftover sandwich breads but also fruit-studded and semi-sweet breads. Sample puddings layered with fruits or sauces, called parfaits. Enjoy Hasty Pudding (also known as Indian Pudding) and other traditional favorites. Or try making your own perennial favorites – vanilla, chocolate, or butterscotch puddings. There are few people who can resist “just a little bit” of dessert. This week, tempt your family and friends with some puddings to be eaten and savored slowly!



## Hasty Pudding

Hasty Pudding and Indian Pudding are basically the same pudding; Indian pudding was a compromise. A mass of cornmeal, milk, and molasses, baked for hours, it was born of the Puritans’ nostalgia for British hasty pudding and their adaptation to the ground-corn porridges of their Native American neighbors. Originally served as a first course, it grew sweeter over time and migrated to the end of supper. 8 servings.

- Ingredients:**  
**Butter for the baking dish**  
 4 cups whole milk  
 1 cup fine-ground yellow cornmeal  
 1/2 cup molasses  
 4 eggs  
 1/4 cup sugar  
 1/2 cup raisins  
 1 teaspoon vanilla extract  
 1/2 teaspoon ground ginger  
 Whipped cream or ice cream for serving

Heat oven to 350 degrees and butter a 2-quart baking dish. In a large pot, warm milk over medium-high heat until hot but not boiling. Whisk in cornmeal and molasses and cook, whisking, 2 minutes. Reduce heat to medium-low. Crack eggs into a medium bowl and lightly beat. Very slowly add 1/2 cup of the hot cornmeal mixture to the eggs, whisking constantly. Pour tempered egg mixture into the pot, whisking constantly to keep eggs from scrambling, and cook 3 minutes. Remove pot from heat. Stir in sugar, raisins, vanilla, and ginger. Pour mixture into prepared pan, then place in a larger baking dish or roasting pan. Transfer to oven and carefully pour water into the larger dish until it comes about halfway up the sides of the smaller baking dish. Bake until pudding is set, but still jiggles slightly in the center, 45 minutes to 1 hour. Serve warm, topped with whipped cream or ice cream

## Dessert Parfaits

A festive way to end any meal, these multiple layered desserts are full of flavor and texture. You don’t really need a recipe for parfaits – just let your imagination go and use combinations that appeal to your palate. Using parfait glasses or other stemmed glasses (they shouldn’t be very big glasses), try some of these ideas for starters. Beginning with cookie or cake crumbles, add the cream layer and continue for 2 or 3 layers. Top with whipped cream and fruit, nuts, shaved chocolate, or coconut, if desired. Suggestions: graham cracker crumbs, vanilla pudding, or lemon mousse; lemon curd, cookie or biscotti crumbs, blueberries or raspberries; gingerbread cookies, pumpkin mousse and caramel sauce; vanilla cookie crumbs, pudding, or lemon curd and strawberries; brownie crumbles, cherry pie filling, vanilla pudding or whipped cream. You get the idea!

## Southwest Chocolate Pudding

Be sure to try this variation of a chocolate pudding. Served warm, it is seasoned with some cinnamon, a touch of chili powder and dark rum, and has a cake-like batter on top. 4 servings.

- Ingredients:**  
 butter for baking dish  
 1 cup flour  
 2 teaspoons baking powder  
 1/2 teaspoon baking soda  
 pinch salt  
 1 teaspoon cinnamon  
 1/4 teaspoon chili powder

- 1 cup sugar  
 1/2 cup good-quality cocoa powder, divided  
 1/2 cup milk  
 1 teaspoon vanilla  
 1/4 cup corn oil  
 1/3 cup dark brown sugar  
 1/4 cup dark rum

Heat oven to 350 degrees. Butter an 8-cup pudding or soufflé dish; set aside. In large bowl, combine flour, baking powder, baking soda, salt, cinnamon, chili, sugar, and 1/4 cup of cocoa powder. In small bowl, mix milk, vanilla, and oil; pour into flour mixture. Mix by hand for thick, smooth batter. Spoon batter into pudding dish and smooth the top. Pour 3/4 cup water into a small pan; set over high heat and bring to a boil. In small bowl, combine remaining 1/4 cup cocoa with brown sugar, making sure there are no lumps. Spread evenly across the batter. Slowly pour boiling water over it and top with rum. Bake pudding until top is a bubbling sponge and center is wobbly and liquid, about 30 minutes. To serve, spoon out portions that include some of the top and chocolate sauce beneath. If desired, serve with vanilla ice cream.

## Cheating Orange Soufflé Pudding

This quickly prepared pudding contains only beaten egg whites and orange marmalade that are cooked in the top of a double boiler – no peeking! 4 servings.

- Ingredients:**  
 1 cup orange marmalade (one that is stiff with fruit)  
 6 egg whites, beaten stiffly  
 butter

Butter the top of a double boiler; put water in bottom section, enough to just touch top section. Fold marmalade into beaten egg whites; pour into top of double boiler and cover with lid. Cook over simmering water for 1 hour; don’t remove lid to peek. Can be kept standing with heat on low for an hour or so; this makes it great for holding while you eat dinner. Spoon into dishes and serve with the following Soufflé Sauce: In a bowl, mix 1/2 cup confectioners’ sugar, 3 beaten egg yolks, 1 teaspoon vanilla, 2 tablespoons brandy; beat 1/2 pint whipping cream in another bowl and then fold it slowly into the sugar mixture.

## Caramel/Apple Bread Pudding

Flavored with apples and caramel ice cream topping, this bread pudding is served with a crisp streusel topping. 8 servings.

- Ingredients:**  
**Crisp Streusel Topping:**  
 1/2 cup flour  
 1/4 cup packed brown sugar  
 3 tablespoons soft butter  
 1/2 cup chopped, toasted pecans

- Pudding:**  
 1-3/4 cups milk  
 1 cup butterscotch, caramel, or fudge ice cream topping  
 1/4 cup butter  
 4 cups cubed white sandwich bread or rolls  
 2 cups peeled, thinly sliced apples  
 2 eggs, beaten

Preheat oven to 350 degrees. Lightly butter a 1-1/2-quart baking dish. In medium-size bowl, stir together flour, sugar, and butter until crumbly; add pecans and set aside. In large saucepan, combine milk, ice cream topping, and butter. Cook over medium heat until blended and butter is melted; remove from heat. Stir in bread and apples; let stand 10 minutes. Stir in eggs. Pour into buttered baking dish and bake for 20 minutes. Remove from oven and sprinkle streusel topping over partially baked pudding. Return to oven and bake 20-25 minutes more, or until apples are tender and knife inserted in center comes out clean. Serve warm, with additional slightly heated caramel topping and garnished with sliced apples and mint sprigs, if desired.

*Nancy Adams is a native of Peterborough and resides in Hancock. She and her husband, Bud, have raised four sons. She has been featured as one of Yankee Magazine’s great New England cooks. Nancy welcomes suggestions – send them to: Nancy P. Adams, PO Box 23, Hancock, NH 03449.*

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