

FOOD

The Estherville Daily News is proud to bring you the Food page every Tuesday. If you know anyone who should be featured on this page, please send their names and why you think they should be featured to: Managing editor, 10 N. Seventh St., Estherville, 51334 or editor@esthervilledailynews.com

PERFECTLY PLEASING PUDDING

Delicacy has a long and tasty history

By MARY ANN MENENDEZ
SPECIAL TO THE EDN

As written in the space a few weeks ago, pudding is a "plum" word at this time of year.

But there is more to pudding than the Christmas variety. There's hasty pudding, pease porridge and the custard-type pudding we all enjoy in flavors of chocolate, vanilla, banana, butterscotch, etc. And it's not just for dessert either as today's recipes show.

According to www.foodtimeline.org, "Food historians generally agree the first puddings made by ancient cooks produced foods similar to sausages. The British claim pudding as part of their culinary heritage. Medieval puddings (black and white) were still mostly meat-based. Seventh century English puddings were either savory (meat-based) or sweet (flour, nuts & sugar) and were typically boiled in special pudding bags. The "pease porridge" most of us know from the old nursery rhyme was most likely a simple boiled pudding of pease meal. By the latter half 18th century traditional English puddings no longer included meat. Nineteenth century puddings were still boiled but the finished product was more like cake. These puddings are still traditionally served at Christmas time."

We can thank the Ancient Roman cooks who recognized the binding properties of eggs. "Food historians generally agree that custard, the sweet almost pudding-like substance we Americans know today, dates to the Middle Ages. At that time custard was eaten alone or used as fillings for pies, tarts, pastry, etc.," according to the website. And to this day, I can't think of a soul who doesn't like pie in flavors of banana cream, coconut cream, chocolate cream - all pudding based!

Thanks to companies like Jell-O and Royal, pudding is a childhood favorite that endures for a lifetime.

But pudding can take on rice and bread for other comfort food favorites. Some recipes incorporate vegetables or fruits for a new side dish offering.

As the winter months settle in, consider whipping up one of these recipes to warm the soul and tummy.

May this special and blessed season bring you and yours an abundance of gifts including Joy, Peace and Love ~ from my house to yours - Merry Christmas!

Swede Pudding

- 1 cup rice
- 1 tablespoon butter
- 1 cup water
- 5 cups milk
- 1 teaspoon salt
- 1 tablespoon sugar

Scald rice with boiling water. Melt half of the butter; add rice and water and boil 10 to 11 minutes or until water disappears. Add milk and cook slowly 45 minutes or until rice is tender. Season and add remainder of butter. Pour into deep dish and serve with cold milk, cinnamon and sugar.

Bread Crumb Pudding

- 1 cup sugar
- 1/2 cup shortening
- 2 eggs, beaten
- 1 cup buttermilk
- 1 teaspoon baking soda
- 1 cup of your favorite fruit preserves
- 1 cup raisins
- 1 teaspoon cinnamon
- 2 1/2 cups bread crumbs

Sauce:

- 2 cups water
- 1 cup sugar
- 1 tablespoon butter
- 1/2 teaspoon nutmeg
- 1 teaspoon vanilla

Mix sugar and shortening until creamy, add the rest of the ingredients. Mix well. Pour into baking dish and steam for 2 hours in oven. Mix the first 3 sauce ingredients in a saucepan and bring to boil. Thicken with flour and water like gravy. Add nutmeg and vanilla. Serve hot sauce over cooled pudding.

Norwegian Luck Pudding

- 1/2 cup rice
- 3 1/2 cups milk
- 1 tablespoon butter
- 1 tablespoon sugar
- 1 tablespoon vanilla
- 2 drops almond extract
- 1/2 chopped almonds
- 1 1/2 cups heavy cream
- 1 whole almond

Combine milk and rice in saucepan and cook gently over low heat, uncovered, for about 45 minutes or until mixture is thick and creamy. Add butter, sugar, vanilla and almond extract; stir well and set aside to cool completely. Whip cream, sweetened to taste. Fold whipped cream and chopped almonds into creamed rice. Bury whole almond. The person who gets the whole almond will have good luck during the coming year. Top with fruit sauce.

Fruit Sauce:

- 1 16-ounce pkg. frozen strawberries
- 1 tablespoon cold water
- 1 1/2 tablespoons cornstarch

Thaw fruit completely and sweeten to taste. Blend water and cornstarch to make a smooth paste and blend into fruit mixture. Stirring constantly and gently, bring to a rapid boil. Continue stirring and boil over medium heat for 3 minutes. Set aside to cool.

Christmas Carrot Pudding

- 2/3 cup flour
- 1 teaspoon baking powder
- 3/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cloves
- 1/4 teaspoon nutmeg
- 2/3 cup sugar
- 1 1/3 cups raisins
- 2/3 cup grated raw potatoes
- 2/3 cup grated raw carrots
- 1/3 cup milk

Hot Pudding Sauce

Mix and sift dry ingredients. Add fruit and stir until well coated; stir in potatoes, carrots and milk. Fill a 1-quart greased mold 2/3 full. Cover tightly and steam for 2 hours and 30 minutes. Serve with Hot Pudding Sauce:

- 1 cup sugar
 - 1/2 cup butter
 - 1/2 cup cream
 - 1/2 teaspoon vanilla
 - Few drops of lemon flavoring
- Heat all ingredients in double boiler until well blended and hot. Serves 8.

Noel Pudding

- 1 envelope unflavored gelatin
- 1/2 cup cold water
- 1 cup milk
- 1/2 cup seeded raisins
- 1/4 cup currants
- 2/3 cup dates
- 1/2 cup sugar
- 3 tablespoons cocoa
- 1/4 teaspoon salt
- 1/4 cup chopped walnuts
- 1/4 teaspoon vanilla
- 2 egg whites

Soak and cook milk, water, gelatin, half of sugar, salt, fruit and cocoa until thickened. Cool. Add vanilla. Beat egg whites and

remaining sugar until stiff. Add to rest of mixture and walnuts. Pour into a festive five-cup mold. Chill well and serve with whipped cream.

Pumpkin Pudding

- 2 cups sifted flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1 teaspoon salt
- 1/2 cup butter
- 1 cup brown sugar
- 1/4 cup sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ginger
- 2 eggs, well beaten
- 1 cup chopped walnuts
- 1 cup pumpkin puree
- 1/2 cup sour cream

Cream butter, both sugars and spices together until light and fluffy. Beat in eggs. Add nuts. Sift flour with baking powder, soda and salt. Add alternately with pumpkin and sour cream. Turn into a well greased 2-quart mold. Cover tightly, using foil if you have no cover for mold. Set mold in pan of hot water, so water comes up halfway on mold. Cover pan and steam 2 hours and 10 minutes. Remove mold, let stand a few minutes before removing pudding.

Sweet Corn Pudding

- 4 eggs
- 1 cup ground crackers
- 1/3 cup sugar
- 2 cans creamed corn
- 1 1/2 sticks butter

Melt butter and let cool. Add sugar, corn, crackers and eggs. Bake in large casserole at 350 degrees for 1 hour.

Turnip Pudding

- 8 medium white turnips, washed, peeled & sliced
- 2 tablespoons onion, chopped
- 1/2 cup skim milk
- Salt and pepper to taste
- 2 egg whites, beaten stiff

Cook turnips and onion in steamer until just tender. Drain, mash or whip thoroughly in blender or food processor. Heat milk, add turnips and cook until milk is absorbed. Cool. Season and fold into the stiffly beaten egg whites. Pour into lightly buttered casserole and bake at 350 degrees until puffy and lightly browned.

Cheesy Broccoli Pudding

- 2 tablespoons vegetable oil
- 1 medium yellow onion, finely chopped
- 8 ounces mushrooms, thinly sliced
- 2 cups broccoli flowerets
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 8 slices whole wheat bread, crusts removed and each slice halved
- 2 cups shredded cheddar cheese
- 3 eggs
- 1 cup evaporated skim milk
- 1 can chopped green chilies, drained

Preheat oven to 375 degrees. Heat the oil in a 9-inch skillet over moderate heat for 1 minute. Add the onion and saute for 2 to 3 minutes or until slightly soft. Add the mushrooms and saute, stirring for 2 to 3 minutes. Add the broccoli, salt and pepper, cover, and cook for 2 minutes. Line a greased 9x13 baking dish with half the bread, top

with half the broccoli mixture and sprinkle with half the cheese. Combine the eggs, milk and chilies in a medium bowl, pour into the baking dish, and then layer in the remaining bread, broccoli mixture, and cheese. Cover with foil and bake for 15 minutes. Uncover and bake 10 to 15 minutes more or until puffed and set like custard. Serves 4.

Berry Pudding

- 1 cup sifted flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/3 cup sugar
- 1/3 cup milk
- 1 tablespoon vegetable oil
- 1 pint frozen blackberries, thawed & drained
- 1 1/3 cup blackberry juice & water
- 1/3 cup sugar
- 1 tablespoon vegetable oil

Sift flour and measure. Add baking powder, salt, 1/3 cup sugar and sift into mixing bowl. Add milk and oil; stir only until smooth. Spread evenly in greased 8 x 8 square baking dish. Arrange berries over top. Combine blackberry juice and water, sugar and oil; bring to a boil. Pour mixture over blackberries. Bake at once in 375 degree oven 40 minutes or until done. Serve warm.

Raisin Bread Pudding

- 2 eggs, well beaten
- 1/2 cup sugar
- 2 cups milk
- 1 teaspoon vanilla
- 1/4 teaspoon ground nutmeg
- 4 cups cubed day-old bread
- 1/4 cup golden raisins

Soak raisins in 2 tablespoon brandy or rum for 30 minutes before baking. Beat eggs, gradually adding sugar, milk, vanilla and nutmeg. Butter a 2-quart baking dish. Put bread and/or cake cubes into dish and pour egg mixture over the bread. Let stand until bread is thoroughly soaked. Stir in the raisins. Bake in a preheated 350-degree oven for about 25 minutes. Serve warm with whipped cream or ice cream or plain.

French Pudding

- 5 eggs, beaten
- 3/4 cup milk
- 1 tablespoon vanilla
- 1/4 teaspoon baking powder
- 1 loaf French bread, cut into 8 (1-inch) slices
- 1 cup raisins
- 1 tablespoon rum
- 1/2 cup dark brown sugar
- Cinnamon Sugar

Combine eggs with milk and baking powder. Add vanilla. Soak bread in mixture for several hours or overnight, turning once so that both sides are covered. Cover and refrigerate until ready to use. Soak raisins in 1 tablespoon rum for 15 minutes. Discard rum. Sprinkle raisins with cinnamon sugar to lightly coat. Butter a 13x9 inch baking pan. Sprinkle brown sugar evenly across bottom of pan. Sprinkle raisins on top of brown sugar. Preheat oven to 450 degrees. Place soaked bread over brown sugar. Sprinkle with cinnamon sugar. Bake for 25 minutes or until golden brown. Allow to cool 15 minutes before serving. Cut into squares and serve with a pat of butter.

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