

MUCKLESHOOT PUDDING

From: Mt. Kearsarge Indian Museum,
Warner

Ingredients

- ½ cup raisins
- ¼ cup boiling water
- 1 lb. 3 oz. canned, drained, pitted plums, pears, cherries, blue berries, or mixed fruits; (about 30oz. can) Can, also, use fresh beach plums, wild blueberries, blackberries, or raspberries.
- ½ cup finely chopped butternuts, pecans, or hazelnuts
- ½ cup butter, melted
- 2 tsp baking soda
- 1 tsp salt
- 1 tsp cinnamon
- ½ tsp ground cloves
- ½ cup honey
- ½ cup maple syrup
- 2 cups unbleached flour

Directions:

1. Preheat oven to 350°F.
2. Pour boiling water over raisins and allow to sit for ½ hour. Oil and flour a decorative mold pan or a 5x9 loaf pan. Mash fruit and add raisins, liquid, and nuts. Combine soda, salt, cinnamon, and cloves and add to mixture along with butter. This will bubble up. Add maple syrup and honey. Blend in flour and pour into pan. Sprinkle lightly with cinnamon.
3. Bake about 60 minutes. Test for doneness. Cool 10-15 min. on rack and invert.
4. Serve with fruit butter or traditional hard sauce.
5. Notes: Nuts are optional; this will freeze well if tightly wrapped.

