

STEAMED BROWN BREAD

Equipment: 1 lb coffee cans

Ingredients

1 cup cornmeal	1 teaspoon soda
1 cup whole wheat flour	$\frac{1}{2}$ cup dark molasses
1 cup white flour	2 cups buttermilk or sour milk
1 teaspoon salt	1 cup raisins
1 teaspoon baking powder	

Instructions: Add cornmeal and whole wheat flour to white flour, salt, baking powder, and soda. Add molasses, buttermilk, and raisins. Beat thoroughly. Half-fill 3 greased 1-pound coffee cans. Cover tightly with foil and steam 3 hours on a rack in a covered pan, using only a small amount of boiling water (no more than one-fourth up the sides). Replace water as necessary. Remove cover and place in a 450-degree oven for 5 minutes before removing from the can.