

STEAMED BROWN BREAD

Equipment

- 1 lb coffee cans

Ingredients

- 1 cup cornmeal
- 1 cup whole wheat flour
- 1 cup white flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon soda
- $\frac{3}{4}$ cup dark molasses
- 2 cups buttermilk or sour milk
- 1 cup raisins

Instructions

1. Add cornmeal and whole wheat flour to white flour, salt, baking powder, and soda.
2. Add molasses, buttermilk, and raisins.
3. Beat thoroughly.
4. Half-fill 3 greased 1-pound coffee cans.
5. 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).
6. Replace water as necessary.
7. Remove cover and place in a 450-degree oven for 5 minutes before removing from the can.