

# Boston Brown Bread

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| <b>PREP TIME</b>  | 20 mins         |
| <b>COOK TIME</b>  | 2 hrs 15 mins   |
| <b>TOTAL TIME</b> | 2 hrs 35 mins   |
| <b>SERVINGS</b>   | 4 to 6 servings |

## Ingredients

Butter for greasing loaf pans or coffee cans

1/2 cup (heaping) all-purpose flour

1/2 cup (heaping) rye flour

1/2 cup (heaping) finely ground corn meal (must be finely ground)

1/2 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon allspice

1/2 cup molasses (any kind)

1 cup buttermilk

1 teaspoon vanilla extract (optional)

1/2 cup raisins (optional)

One metal 6-inch tall by 4-inch diameter coffee can, or a 4x8 loaf pan

## Method

### 1. Prepare for either stovetop or oven methods

You can either make the bread on the stovetop with a coffee can, or you can make it in the oven with a coffee can or loaf pan.

*Stovetop:* If you are using the stovetop method, set the steamer rack inside a tall stockpot and fill the pot with enough water to come 1/3 of the way up the sides of your coffee can. Turn the burner on to medium as you work.

*Oven:* If you are using the oven method, preheat the oven to 325°F and bring a large pot of water to a boil.

### 2. Grease pan

Grease a coffee can or small loaf pan with butter.

### 3. Mix dry ingredients

In a large bowl, whisk together the all-purpose flour, rye flour, corn meal, baking powder and soda, salt and allspice. Add the raisins if using.

4. Mix wet ingredients, combine with dry

In another bowl, mix together the buttermilk and vanilla extract if using. Whisk in the molasses.

Pour the wet ingredients into the dry and stir well with a spoon.

5. Pour batter into can or pan, cover with foil

Pour the batter into the coffee can or loaf pan taking care that the batter not reach higher than 2/3 up the sides of the container.

Cover the loaf pan or coffee can tightly with foil.

6. Prepare steam environment on stovetop or oven

*Stovetop:* If you are using the stovetop method, set the can in the pot on the steamer rack. Make sure there is enough water in the pot to come up 1/3 of the way up the sides of your coffee can or loaf pan. Cover the pot and turn the heat to high.

*Oven:* If you are using the oven method, find a high-sided roasting pan that can hold the coffee can or loaf pan. Pour the boiling water into the roasting pan until it reaches one third up the side of the coffee can or loaf pan. Put the roasting pan into the 325°F oven.

7. Steam the bread

Steam the bread on the stovetop or in the oven for at least 2 hours and 15 minutes.

Check to see if the bread is done by inserting a toothpick into it. If the toothpick comes out clean, you're ready. If not, re-cover the pan and cook for up to another 45 minutes.

8. Allow bread to cool

Remove from the stovetop or oven and let cool for 10 minutes before putting on a rack. Let the bread cool for 1 hour before turning out of the container.

Slice and eat plain, or toast in a little butter in a frying pan.