



## Boston Brown Bread

### Ingredients:

- 1/2 c. whole wheat flour
- 1/4 c. all-purpose flour
- 1/4 c. cornmeal
- 1/2 tsp. Clabber Girl Baking Powder
- 1/2 c. buttermilk
- 1/4 tsp. Clabber Girl Baking Soda
- 1 egg
- 1/4 tsp. salt
- 1/4 c. molasses
- 2 tbsp. sugar
- 2 tsp. cooking oil
- 1/3 c. raisins, optional

### Directions:

1. Preheat oven to 325 degrees F.
2. Bring 8-10 cups of water to a boil over medium high heat. While the water is coming to a boil, add all of the dry ingredients together in a large mixing bowl and whisk to combine. Set aside.
3. Create a small well in the middle of your dry ingredients. Add the buttermilk and molasses and whisk to completely combine the batter.
4. Spray the insides of two quart-sized cans with cooking spray. Divide the batter evenly between the two cans. Using aluminum foil, cover the tops of the cans, folding the excess over the outsides of the cans. Use butchers twine to tie around the edges of the can to secure the aluminum foil to the sides. Place cans in Dutch oven or an oven safe pot.
5. Carefully pour in the boiling water, taking care not to pour the water over the tops of the covered cans, until the water reaches halfway up the side of the can. Bake

## History and Traditions

**Activity:** Baking Boston Brown Bread

**Lesson:** History of Boston Brown Bread

in a 325 degrees F. oven for 1 hour and 45 minutes or until a knife inserted into the bread comes out clean.

6. Remove pot from oven, and using oven mitts carefully removed cans from pot and set on a cookie rack. Let cool 15-20 minutes and then gently slide bread out of can to cool completely. Once cool, slice bread and toast and serve with butter or cream cheese.

### Activities:

Brown bread gets its color from whole grain flour and dark colored ingredients such as molasses and/or coffee. Boston Brown Bread is dark and slightly sweet. Raisins are optional and make it even sweeter. This bread is made in a unique manner; instead of being baked, Boston Brown Bread is steamed. It has a unique shape and pattern on the outside due to being cooked in cylinder tin cans.

### Discussion questions:

1. What types of bread are closely related to Boston Brown Bread?
2. What makes Boston Brown Bread rise?
3. How did Boston Brown Bread get its name?
4. What are other dried fruits would you like in this bread?

### Fun facts:

1. Since few early Americans owned ovens, bakers used tin cylinders placed in fireproof containers filled with water to steam the bread over an open fire.
2. Boston Brown Bread was often made in coffee tins and is often sold at grocery stores in tins.
3. Early American settlers couldn't easily get all-purpose flour like we can today, and often mixed cornmeal in with wheat flours. This helped them conserve what wheat flour they did have.
4. Boston Brown Bread is often served with Boston Baked Beans.

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