

# Boston Brown Bread

Boston Brown Bread became a staple in North America during times of limited food resources like flour and eggs. It began in colonial New England. In many cases New Englanders were only able to cook bread over an open fire and this was how this brown bread was first made. Now it is steamed in a can. The bread, only using rye or wheat flour, allows for other types of flour to be reserved for other essential purposes. This is why it was so popular during times of war. The B&M (Burnham & Morrill) Company began canning brown bread and selling it on the mass market in North America circa 1920s to 1930s.



2 cups Graham flour (rye or wheat flour works)

1 cup corn meal

1 cup brown sugar

1-3 cup molasses (personal preference)

1 cup sweet milk (sweetened condensed milk)

1 cup fruit (raisins, currants or dates)

2 teaspoons baking powder

1 teaspoons salt

Whisk together your dry ingredients (flour, corn meal, baking powder and salt). Stir in brown sugar, molasses and sweet milk. Fold in fruit. Pour batter in greased, prepared can. Set can on a steamer rack in a deep pot. Fill pot with water up to 1/3 of the way up the sides of the can. Cover the pot with a lid or cover the can in tin foil. Steam the batter over the stove top at high heat for at least 2 hours and 15 minutes up to 3 hours. Remove from stove top and brown in oven if desired. Let cool.