



RECIPES TO SHARE

Lincoln University Cooperative Extension Human Nutrition and Health Program





Indiana Persimmon Pudding

Ingredients

- $\frac{1}{4}$ tsp baking soda
- 2 tsp baking powder
- 1 egg (slightly beaten)
- $\frac{1}{2}$ c packed brown sugar
- $\frac{1}{4}$ c white sugar
- 1 c Flour
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ tsp cinnamon
- 1 tsp vanilla
- Dash of nutmeg
- 1 $\frac{1}{4}$ c milk (buttermilk is best)
- 2 T melted butter
- 1 c pureed persimmons (native variety)

How-To

1. Wash your hands. 
 2. Use pan spray to grease an 8x8 baking pan
 3. Preheat oven to 325°
 4. Mix the flour, baking powder, salt, cinnamon and nutmeg well in a small bowl.
 5. In a larger bowl, add the persimmon
 6. Stir the baking soda into the persimmon, mixing well.
 7. Add the egg and the sugars into the persimmon mixture, mixing well.
 8. Stir the milk slowly into the persimmon mixture, mixing well.
 9. Then stir the butter into the persimmon mixture, mixing well.
 10. Gently stir the flour mixture into the persimmon to moisten. Be careful not to over stir.
 11. Pour the mixture into the pan.
 12. Bake in the oven for 50 minutes or until a knife or fork inserted comes out almost clean.
 13. Remove from the oven and allow it to cool.
 14. Refrigerate leftovers as this contains milk and eggs.
-  BECAUSE WE CARE. This symbol indicates a point in the recipe where there is potential for food borne illness. Take care to keep hot food hot, cold food cold, and prevent cross contamination. Wash your hands. Wash all fresh produce.

Adapted from Edith Catherine Fry-Terrell's original recipe shared by Ro Pettinger for *Missouri Persimmons!*