Mrs. Morris’ Bread Pudding
An Adaptation of a c.1824 Baltimore Recipe

The following is an adaptation of a recipe found in a c.1824 manuscript journal attributed to Ann Maria Morris. (H. Furlong Baldwin Library at the Maryland Center for History and Culture in Baltimore.)

Maryland’s earliest British settlers brought with them a penchant for steamed bread puddings, sweet derivatives of sausages, haggis, and blood puddings. Early puddings were made by stuffing animal organs with a filling of grain (flour, oatmeal, or wheat grains) mixed with fat, herbs and spices, meat and/or animal blood. By the 17th century, sweet bread puddings were made in cloths tied to a pot hae and suspended into hot water to steam. Lidded metal moulds were also introduced as a practical vessel for steaming bread puddings. Classic British bread puddings contain breadcrumbs or flour, spices, dried fruit, sugar and suet, a special type of beef fat with a high melting point which imparts distinctive flavor and unparalleled richness. Bread puddings are typically served warm to allow the suet to melt and impart its succulence. Bread puddings are traditionally served with hard sauce, wine and sugar sauce, custard, or cream.

Ingredients:
- 1/4 cup + 2 tbsp all-purpose flour
- 16 ounces dried fruit (Zante currants, dried peaches or apricots (chopped), dried cherries, etc.)
- 1 tsp grated nutmeg
- 1 tsp cinnamon
- 1/8 tsp salt
- 1/2 box (350g) Atora Shredded Suet or 1 1/2 cups frozen shortening, chopped into small bits
- 1/4 cup brown sugar
- 4 large eggs
- 3 tbsp heavy cream
- 1/4 cup brandy

Directions
1. Grease the inside of a 2-liter size pudding mold or heat-proof bowl. Set aside.
2. Mix the 2 tablespoons of the flour with the dried fruit. Set aside.
3. In a large mixing bowl, whisk together the remaining 1/4 cup flour, spices, and salt. Add the suet/shortening to the flour mixture and use your hands to work it into the mixture until it is evenly distributed and well blended.
4. Add the brown sugar, eggs, cream, and brandy to the above mixture and mix together with an electric beater. Then add the flour-coated dried fruit and mix by hand until evenly distributed.
5. Spoon the batter into the prepared pudding mold/bowl. Place a piece of parchment paper over the top. If using a bona fide pudding mold, cover paper with the lid. If using a heat-proof bowl, secure with paper with kitchen twine or a heat-safe rubber band.
6. Place the pudding mold on a rack set on the bottom of a large stock pot (canning pots or crab steamers work well). This will keep the mold off bottom of the pot to prevent scorching.
7. Add enough water to the pot so that it reaches about half-way up the height of the pudding mold/bowl. If the mold starts to float, you have filled it too much.
8. Place a lid on the pot and bring to a boil. Reduce heat to medium and steam for about 2 hours, or until a knife inserted in the middle of it comes out clean.
9. Remove mold from the pot and allow the pudding to sit for about 10 minutes before removing it from the mold/bowl. Note: A bit of the melted suet/shortening may collect on top of the pudding; it can be drained off before removing pudding.

To honor Maryland’s own Benjamin Banneker (1731-1806), today’s bread pudding is served with a honey syrup. Banneker, an African-American self-taught scientist, mathematician, astronomer, almanac writer, surveyor, abolitionist, and naturalist recorded in his diary that he collected honey from bees grown on his farm in Catonsville. He wrote: “To the Month of January 1797, on a pleasant day for the Season I observed my honey bees to be out of their hives and Seemed very busy.”

Honey Cream Sauce
From: Taste of Home

Ingredients:
- 2 tsp cornstarch
- 3/4 cup heavy whipping cream, divided
- 1/2 cup butter, cubed
- 1/4 cup honey
- 1/2 teaspoon vanilla extract

Directions
1. In a small bowl, mix cornstarch and 2 tablespoons cream until smooth. In a small heavy saucepan combine butter, honey and remaining cream. Stir in cornstarch mixture. Bring to a boil. Reduce heat; simmer, uncovered, 1-2 minutes or until thickened. Remove from heat; stir in vanilla.

Recipe and History provided by Joyce White, A Taste of History