Indian Pudding.

Despite its name, Indian pudding has nothing to do with India or Native American culinary traditions. Early English colonists in New England adapted their traditional British "hasty pudding" (which used scarce wheat flour or oats) by using New World cornmeal. Because Native Americans taught the colonists how to cultivate corn, colonists dubbed it "Indian corn," giving the pudding its name.

Ingredients

shortening, for greasing casserole dish
3 cups soy or dairy milk
1/3 cup cornmeal
1/4 cup molasses (preferably blackstrap)
1/4 cup granulated sugar
1/2 teaspoon salt
1/4 teaspoon cinnamon
1/4 teaspoon ginger
whipped cream or vanilla ice cream, for serving (optional)

Cooking Utensils

Measuring cup
Measuring spoons
Casserole dish
Mixing bowl
Spatula

Preheat the oven to 300°. Mix all the ingredients together except the last one. Add the spices. Mix well. Pour into the casserole dish. Place the casserole dish into the oven. Bake for three to four hours. Remove the casserole dish. Serve in a bowl with ice cream or whipped cream if using.