

Boston Brown Bread

Boston Brown Bread steamed it in the IP, 30 minutes HP, 10 minutes NR.

1/2 cup whole wheat flour

1/2 cup rye flour

1/2 cup yellow corn meal

1 tsp baking soda

1/2 tsp salt

1 cup sour milk or buttermilk

1/2 cup molasses

1/2 cup raisins

Have water in IP preheated and more boiling water standing by in a kettle.

Add all the dry ingredients together. Add all the wet ingredients together. Pour the wet into the dry. Mix quickly. Add raisins. Pour into greased/sprayed mold. Put on lid or foil and tie tightly (if necessary) and put in pressure cooker on trivet. Add hot water to come half way up the pan. Cook on HP for 25 minutes, NPR for 10 minutes then QR. Remove from pan.