



Boston Brown Bread



Vegetarian



Popular

READY IN



155 min.

SERVINGS



4

CALORIES



702 kcal

BREAD

Ingredients

- ☐ 4 servings butter for greasing loaf pans or coffee cans
- ☐ 0.5 cup flour all-purpose ()
- ☐ 0.5 cup rye flour ()
- ☐ 0.5 cup ground corn meal finely () (must be ground)
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon allspice

- ☐ 0.5 cup blackstrap molasses (any kind)
- ☐ 1 cup buttermilk
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup raisins
- ☐ 1 a 4x8 loaf pan

Equipment

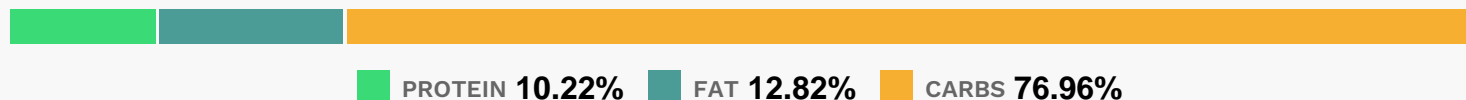
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ loaf pan
- ☐ toothpicks
- ☐ roasting pan
- ☐ aluminum foil
- ☐ stove

Directions

- ☐ Prepare for either stovetop or oven methods: You can either make the bread on the stovetop with a coffee can, or you can make it in the oven with a coffee can or loaf pan.
- ☐ Stovetop: If you are using the stovetop method, set the steamer rack inside a tall stockpot and fill the pot with enough water to come 1/3 of the way up the sides of your coffee can. Turn the burner on to medium as you work.
- ☐ Oven: If you are using the oven method, preheat the oven to 325°F and bring a large pot of water to a boil.
- ☐ Grease pan: Grease a coffee can or small loaf pan with butter.
- ☐ Mix dry ingredients: In a large bowl, whisk together the all-purpose flour, rye flour, corn meal, baking powder and soda, salt and allspice.
- ☐ Add the raisins if using.

- ☐ Mix wet ingredients, combine with dry: In another bowl, mix together the buttermilk and vanilla extract if using.
- ☐ Whisk in the molasses.
- ☐ Pour the wet ingredients into the dry and stir well with a spoon.
- ☐ Pour batter into can or pan, cover with foil:
- ☐ Pour the batter into the coffee can or loaf pan taking care that the batter not reach higher than 2/3 up the sides of the container.
- ☐ Cover the loaf pan or coffee can tightly with foil.
- ☐ Stovetop: If you are using the stovetop method, set the can in the pot on the steamer rack. Make sure there is enough water in the pot to come up 1/3 of the way up the sides of your coffee can or loaf pan. Cover the pot and turn the heat to high.
- ☐ Oven: If you are using the oven method, find a high-sided roasting pan that can hold the coffee can or loaf pan.
- ☐ Pour the boiling water into the roasting pan until it reaches one third up the side of the coffee can or loaf pan.
- ☐ Put the roasting pan into the 325°F oven.
- ☐ Steam the bread: Steam the bread on the stovetop or in the oven for at least 2 hours and 15 minutes.
- ☐ Check to see if the bread is done by inserting a toothpick into it. If the toothpick comes out clean, you're ready. If not, re-cover the pan and cook for up to another 45 minutes.
- ☐ Allow bread to cool:
- ☐ Remove from the stovetop or oven and let cool for 10 minutes before putting on a rack.
- ☐ Let the bread cool for 1 hour before turning out of the container.
- ☐ Slice and eat plain, or toast in a little butter in a frying pan.

Nutrition Facts



Properties

Glycemic Index:128.7, Glycemic Load:79.82, Inflammation Score:-8, Nutrition Score:28.252608579138%

Nutrients (% of daily need)

Calories: 702.36kcal (35.12%), Fat: 10.14g (15.6%), Saturated Fat: 4.54g (28.37%), Carbohydrates: 137g (45.67%), Net Carbohydrates: 129.71g (47.17%), Sugar: 39.64g (44.04%), Cholesterol: 17.35mg (5.78%), Sodium: 1199.94mg (52.17%), Alcohol: 0.34g (100%), Alcohol %: 0.16% (100%), Protein: 18.2g (36.4%), Manganese: 1.77mg (88.56%), Selenium: 46.81µg (66.87%), Vitamin B1: 1mg (66.35%), Iron: 8.11mg (45.03%), Magnesium: 178.82mg (44.7%), Folate: 166.47µg (41.62%), Vitamin B2: 0.68mg (39.83%), Vitamin B3: 7.11mg (35.57%), Potassium: 1096.41mg (31.33%), Vitamin B6: 0.6mg (30.21%), Fiber: 7.28g (29.13%), Phosphorus: 285.43mg (28.54%), Copper: 0.54mg (27.1%), Calcium: 251.55mg (25.15%), Zinc: 2.43mg (16.23%), Vitamin B5: 1.16mg (11.64%), Vitamin D: 0.78µg (5.2%), Vitamin B12: 0.28µg (4.74%), Vitamin A: 225.3IU (4.51%), Vitamin E: 0.63mg (4.22%), Vitamin K: 2.07µg (1.97%), Vitamin C: 1.08mg (1.31%)