



ALPHA OMEGA

PERSIMMON PUDDING

Ingredients

Sugar	1 cup
Flour	1 cup
Baking soda	2 teaspoons
Cinnamon	1 teaspoon
Salt	½ teaspoon
Persimmon purée	1 cup
Milk	½ cup
Egg	1
Vanilla extract	1 teaspoon
Butter, melted	⅓ cup

Method

- Sift together the dry ingredients.
- Combine persimmon purée, milk, egg and vanilla extract. Whisk until smooth.
- Slowly stir persimmon mixture into the dry ingredients. Mix until smooth, but don't over-mix. Stir in the melted butter.
- Pour mixture into greased 2-quart pudding mold and secure with a lid. Place pudding mold onto a trivet set into a large, deep kettle. Fill kettle with water to about 1" deep - pudding should sit over the water, not in it.
- Bring water to a gentle simmer, and cover with a tight-fitting lid (or use aluminum foil). Lower heat slightly to create a very gentle steam and cook until firm, about 65 minutes. Cool in the mold for 10 minutes, then invert. Serve warm with whipped cream.

Notes

- Persimmons come in many varieties, but the two we see most often are Fuyu (shaped rather like a tomato) and Hachiya (which looks like an acorn).
- Fuyu persimmons are generally eaten raw, like an apple, although you might want to peel off the skin. Hachiya persimmons are very tannic and will make your mouth taste cottony, but they lose that quality when they are fully ripe, or when they are baked into a cake or pudding.
- For best results, choose ripe Hachiya persimmons – they should be soft and squishy, with dark red, almost translucent skin.
- A NEAT TRICK...If your persimmons are not fully ripened, freeze them overnight, then allow to thaw in the refrigerator. They will soften up well enough to purée.
- If you don't have a pudding mold, you can simply pour the mixture into greased and floured tube pan and bake straight in the oven at 320°F until firm, about 50 minutes. Cool 10 minutes in the pan.