

**PERSIMMON PUDDING - Virginia Burton, Bedford, Indiana (1906-1996) and
Gayle Terris Newby, Las Cruces, New Mexico**

This old midwestern recipe was handed down to me by my Mother, watching and writing down what Grandmother did, later modifying for high altitude (>5000 ft). At sea level, use 1 cup of flour and cook at 275 degrees.

1 cup persimmon pulp (see Note 1)

1 cup cane sugar

1 cup sifted flour (see Note 2)

1 tsp. baking soda dissolved in 1 cup buttermilk (see Note 3)

1/2 cup sweet cream (see Note 4)

1 tsp. Cinnamon (ground)

1/8 tsp. Salt

2 eggs beaten

1/4 cup melted butter

- Preheat oven to 300 degrees.
- Add baking soda to buttermilk and stir. Add sweet cream (yogurt), cinnamon, salt, eggs, melted butter, and sugar to bowl and mix thoroughly.
- Add persimmon pulp and stir till mixed.
- Add flour and stir till mixed (no lumps)
- Oil a 9x9 casserole dish lightly with olive oil and pour in mixture

Bake for for 1 hour, or until a toothpick inserted into the middle comes out clean.

Note 1: Peel and quarter persimmons, removing fibrous inner core/seeds. Mash into pulp. I use a blender, add the buttermilk and yogurt, and liquefy everything.

It is well to note that this was originally prepared with wild American persimmons picked in the woods of Indiana and Kentucky. If you can get these, it takes about 6 of them to make a cup of pulp. Now we have Fuyu, Tanenashi, and many other astringent and non-astringent varieties, and you need to know which one you are dealing with to properly prepare them. They all work when ripe and sweet. I recommend researching at http://www.ehow.com/list_7554473_varieties-persimmon.html to determine how to select and ripen the different Asian varieties.

Note 2: Back in the day, there were no blenders or food processors. You sifted to blend smoothly and end up with no lumps in the final process. Use a modern blender or food processor and sifting is a thing of the past. Only blend until lumps or reduced, do not liquefy this mixture.

Note 3: The volume of the buttermilk will DOUBLE after you mix in the baking soda. Make certain your container will accommodate this. After it has expanded, I add the yogurt to this mixture before using the mix to pulverize the persimmon chunks.

Note 4: Heavy whipping cream is what used to be referred to as "sweet cream". I substitute plain yogurt and it works very well.