



ANSON MILLS

Boston Brown Bread

Yield

Two 1¹/₄-pound cylindrical loaves

Time

15 minutes to put together, about 2 hours to bake

Equipment Mise en Place

For this recipe, you will need a teakettle for boiling water; two small coffee cans, each about 4 inches in diameter and about 5¹/₂ inches high; a medium mixing bowl; a whisk; a large mixing bowl; a wooden spoon; aluminum foil; a Dutch oven or small, deep roasting pan that can hold the cans and enough water to come halfway up their sides; and a cooling rack.

Ingredients

Vegetable oil spray

16 ounces (2 cups) low-fat buttermilk

5.7 ounces (1/2 cup) light molasses

3 ounces (1/3 cup plus 1¹/₂ tablespoons packed) dark brown sugar

3/4 teaspoon fine sea salt

5 ounces (1 cup) Anson Mills Abruzzi Heirloom Rye Flour

5 ounces (scant 1 cup) Anson Mills Antebellum Style Rustic Coarse Graham Wheat Flour

5 ounces (1 cup) Anson Mills Antebellum Coarse Yellow Cornmeal or Antebellum Coarse

White Cornmeal

2 teaspoons baking soda

1/2 teaspoon baking powder

4.5 ounces (1 cup) dark raisins

Directions

1. Adjust a rack to the middle position and heat the oven to 350 degrees. Fill a teakettle with water, bring the water to a boil, and then turn off the burner. Spray the inside of 2 small coffee cans (each about 4 inches in diameter and about 5¹/₂ inches tall) with vegetable oil spray and set them aside.

2. Combine the buttermilk, molasses, brown sugar, and salt in a medium mixing bowl. Whisk until the sugar dissolves and the mixture is homogenous. Combine the rye flour, graham flour, cornmeal, baking soda, and powder in a large mixing bowl and whisk well. Pour the buttermilk mixture into the dry ingredients and stir with a wooden spoon until no lumps remain. Fold in the raisins. Divide the batter evenly between the prepared coffee cans, cover the cans with pieces of aluminum foil sprayed with vegetable oil spray, and set the cans in a Dutch oven or small, deep roasting pan. Bring the water in the teakettle back to a boil and pour enough water into the pot or pan to come about halfway up the sides of the cans. Place in the oven and steam the breads until they have risen and are firm, about 1 hour and 50 minutes.

3. Remove the pot or pan from the oven and transfer the cans to a cooling rack. Remove the foil and let the loaves cool in the cans for 5 minutes. Gently shake each can to loosen the bread from the sides and invert the loaves onto the rack, easing them out of the cans. Stand the loaves upright and let cool to room temperature. To serve, slice the loaves crosswise into rounds. Wrap leftovers tightly in foil and store at room temperature for up to 1 week.