

Mrs. Grover Cleveland's Celebrated Recipe for Brown Bread

First Lady of the United States of America and the youngest ever at 21-years old.



As seen on page 109 in *Presidential Flavors* (available on Amazon and at Barnes & Noble). "One bowl Indian meal [cornmeal], 1 bowl rye flour, 1 bowl sour milk, 1 large cup molasses, 1 teaspoonful [baking] soda, 1 teaspoonfull salt. The whole must be mixed thoroughly and steamed 2 1/2 hours, then baked from 20 minutes to a 1/2 hour, depending upon the heat of the oven."

How to make it today with White House Military Executive Chef, Marti Mongiello, MBA, MA, MCFE. CSCS (SS/SW, USN. Ret.):

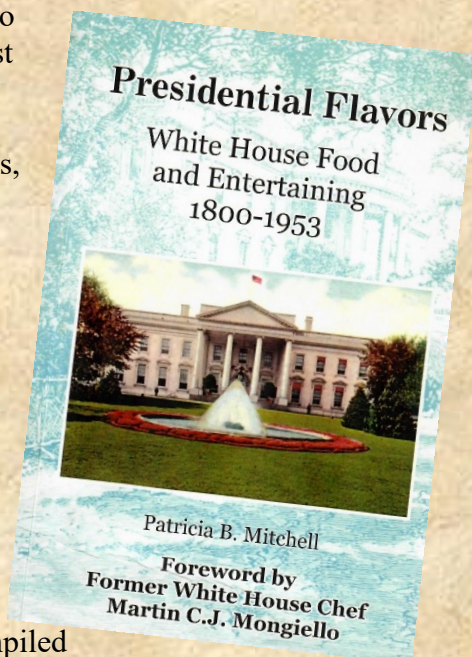
1 1/2 C cornmeal, 1 1/2 C bowl rye flour, 2 1/2 C buttermilk (sour milk is actually just that, so you may not want to use that just before it goes sour, don't use acidified milk or lemon juice squirted into milk), 1 C molasses, 1 heaping teaspoon of baking soda, 1 level teaspoon of plain salt. The whole must be mixed thoroughly and steamed 2 1/2

hours, on a rack set inside of a roasting pan with water about 1/4 way up the side of a well-buttered pie pan (can be glass, ceramic or tin and is sometimes called a pie dish or pie plate) at 325 degrees and then baked from 20 minutes to a 1/2 hour.

First found in **Famous Old Receipts Used a Hundred Years and More in the Kitchens of the North and the South**, Contributed by



Descendants, Compiled by Jacqueline Harrison Smith, Sue Mason Maury Halsey, Publisher J.C. Winston Company, 1906, Length 355 pages.



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