

Persimmons grow in the eastern and Southeastern United States, but the better ones grow in the Mississippi River Valley. When ripe, they make great jam, breads, and puddings.

PERSIMMON PUDDING



If you pick them before they are ripe, persimmons make you pucker. But if you wait until they fall from the tree, they are sweet, have a pumpkin-colored flesh and make a wonderful jam, quick bread or pudding.

I got this recipe from a man selling fresh persimmon pulp at a farmer's market. He said he and his wife had tried 10s of recipes, but liked this one the best. It is very rich, so be sure you have plenty of mouths to feed. The pulp freezes beautifully, so stock up in season.

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- 2 cups persimmon pulp
- 1/2 cup [maple sugar](#)
- 2/3 cup buttermilk or sweet milk plus 1 tsp. vinegar
- 1-12 oz. can evaporated milk
- 2 Tbsp. butter
- 1 egg
- 2/3 cup sprouted spelt
- 1 tsp. baking powder
- 1 tsp. soda
- 1/4 tsp. sea salt

Combine all the wet ingredients and then fold in the dry ingredients. Pour into a greased 9x13 inch pan or a round baking dish. Cover with aluminum foil. Bake at 375°F for about one hour. Serve warm

or cold with whipped cream on top.