



Plum Duff

Plum duff is another food that sailors can make for themselves. They have to be patient though; this doughy mixture takes four hours to cook.

2 pounds flour
1 pound shortening or lard
1/2 cup sugar
1/2 quart water
3/4 cup raisins
Cheese cloth
Kitchen string
Molasses

1. Bring a large pot of water to a boil.
2. Mix ingredients and knead the mixture with your hands, adding extra water if it's too dry.
3. Divide the mixture into four equal portions.
4. Wrap each portion in a piece of cheese cloth and tie at the top with a string.
5. Reduce the heat of the pot of water to medium-high.
6. Put the bags of cloth into the pot and boil for four hours. Serve with molasses.



Who am I?

I'm the cook, William Long. I was an Able Seaman once, but thanks to this wounded arm of mine I'm good for nothing. The Captain took me on board as cook, and the only battles I fight now are with beef, pork, and peas.