

Homemade Banana Pudding



Ingredients

3 super ripe bananas (brown spots, and soft)
2 cups whole milk
½ cup raw or turbinado sugar (preferably. Or just use white sugar)
pinch of salt
3 egg yolks
2 tbsp. corn starch
3 egg whites
2 tbsp. granulated sugar
1 tbsp. butter
1 tbsp. vanilla extract

Procedure

1. Smash up the bananas in the bottom of a 2-quart non-reactive saucepan. Wisk in the milk and raw sugar. Bring to a simmer for 2 minutes.
2. Mix together cornstarch, salt, and egg yolks in a large bowl. Slowly drizzle in approximately ½ of the hot milk mixture while whisking constantly. Then add this mixture back to the pan.
3. Simmer, while scrapping the pan with a heat resistant rubber spatula or wooden spoon to keep from sticking and burning. Cook until thick with large bubbles.
4. Remove from heat and stir in butter and vanilla extract. Stir until the steam subsides.
5. If desired push through fine meshed strainer to remove lumps and fibers. (or keep it chunky).
6. In a clean bowl combine the egg whites and 2 tbsp. granulated sugar. With an electric mixer mix until stiff. When the banana mixture is cool, fold in whipped egg whites.
7. Refrigerate. Eat within 2 days to ensure it is still fluffy.
8. Garnish with Whipped cream, or bananas and ground nutmeg.

Yields 2-3 cups

©2016 Chef Jennifer M. Denlinger www.FloridaChef.net