

Creamy Coconut Tapioca Pudding

My own concoction, but loosely based on a recipe from Food & Wine



1/2 cup tapioca
2 1/4 cups 2% low-fat milk
1/4 cup heavy cream
1 whole vanilla bean, halved lengthwise and seeds scraped
1 pinch Kosher salt
14 ounces light coconut milk, unsweetened (use full fat for more coconut flavor)
2 large egg yolks
5 tablespoons sugar

Per Serving (excluding unknown items): 225 Calories; 11g Fat (41.3% calories from fat); 5g Protein; 29g Carbohydrate; trace Dietary Fiber; 91mg Cholesterol; 89mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 6

1. In a large saucepan, combine the tapioca, milk, vanilla bean and seeds and a pinch of salt. Bring to a simmer over moderate heat and cook, whisking occasionally, until the tapioca is translucent and tender, about 20 minutes. Whisk in the coconut milk.

2. In a small bowl, whisk the egg yolks with the sugar. Gradually whisk in half of the warm tapioca in a steady stream. Continue whisking and pour the egg yolk mixture back into the saucepan. Cook the pudding over moderate heat, stirring occasionally, until thickened, about 5 minutes. Transfer the pudding to a bowl or individual cups and let cool to room temperature. Discard the vanilla bean. Chill for 2-3 hours. You might pour a little smidgen of heavy cream on top and garnish with a mint leaf.