

Creamy Rich Tapioca Pudding

Adapted from Cook's Country



- 3/4 cup whole milk
- 1 3/4 cups half and half
- 1 large egg
- 1 egg yolk, lightly beaten
- 1/4 cup granulated sugar, plus 1 tablespoon
- 1 tablespoon light brown sugar
- 1/4 teaspoon salt
- 1/4 cup tapioca, Minute type
- 1 whole vanilla bean
- More milk to thin the pudding, if needed
- 1/2 cup heavy cream

Per Serving (excluding unknown items): 195 Calories; 13g Fat (60.7% calories from fat); 4g Protein; 15g Carbohydrate; trace Dietary Fiber; 84mg Cholesterol; 129mg Sodium; 11g Total Sugars; 1mcg Vitamin D; 100mg Calcium; trace Iron; 127mg Potassium; 99mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 8

1. Combine half and half, milk, egg and yolk, 1/4 cup granulated sugar, brown sugar, salt and tapioca in a medium saucepan.
2. Cut the vanilla bean in half lengthwise, and use a sharp knife to scrape the seeds into the mixture. Drop the scraped bean pod into the pan (it will be removed later), and allow the mixture to sit for 5 minutes.
3. Bring to a boil over medium heat, then reduce heat and simmer for 2 minutes, stirring constantly to prevent sticking. Remove the bean pod, and then pour the pudding mixture into a bowl. Allow to cool for 15 minutes, then place a piece of plastic wrap directly onto the top of the pudding and allow to cool completely. Remove plastic wrap. Cover bowl tightly and chill for at least two hours. When ready to serve, stir the pudding - if it seems to be extra-thick, add some milk to it and stir well, to combine without big lumps.
4. Beat the heavy cream and remaining granulated sugar with an electric mixer until stiff peaks form. Gently fold half of the whipped cream into the chilled pudding. Serve the remaining whipped cream dolloped on top of the pudding, along with fresh summer berries.