

Milk Chocolate Pudding

Author: Adapted from a recipe on epcurious.com (Gourmet, Feb. '07)

Carolyn T's
Main Cookbook

Servings: 4



2 tablespoons sugar
2 tablespoons cornstarch
2 tablespoons unsweetened cocoa powder
1 pinch salt
1 1/2 cups 2% low-fat milk
1/2 cup heavy cream
5 ounces milk chocolate, fine-quality, chopped
1 teaspoon vanilla extract
Sweetened whipped cream to dollop on the top

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 379 Calories; 24g Fat (54.8% calories from fat); 7g Protein; 38g Carbohydrate; 2g Dietary Fiber; 55mg Cholesterol; 120mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 5 Fat; 2 Other Carbohydrates.

Notes: Pudding can be chilled, covered with plastic wrap after 2 hours, up to 3 days. If the pudding has lumps, press it through a sieve before adding the chocolate bars (or run it through a blender to smooth it out). The chocolate bars just melt into the hot pudding, so use gentle stirring.

Description: This isn't heavy-duty chocolate, but it's smooth and very satisfying.

1. Whisk together sugar, cornstarch, cocoa powder, and a pinch of salt in a 2-quart heavy saucepan, then gradually whisk in milk and cream. Bring to a boil over moderately high heat, whisking constantly, then boil, whisking, 2 minutes. (Mixture will be thick.) Remove from heat. Whisk in chocolate and vanilla until smooth.
2. Transfer to a bowl and chill pudding, its surface covered with wax paper (to prevent a skin from forming), until cold, at least 2 hours.