Real Butterscotch Pudding

Author: Baking: From My Home to Yours, by Dorie Greenspan

Carolyn T's Main Cookbook

Servings: 6



1/2 cup brown sugar, lightly packed
3 tablespoons water
1 1/2 cups whole milk
1/2 cup heavy cream
1/4 cup cornstarch
1/4 teaspoon salt
3 tablespoons sugar
3 large egg yolks
1/4 cup whole milk
3 tablespoons unsalted butter, cut into 4 pieces, at room temp
2 teaspoons vanilla extract, use the real thing
2 tablespoons single malt scotch whiskey
2/3 cup heavy cream, whip up for topping to each ramekin

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

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Per Serving (excluding unknown items): 389 Calories; 28g Fat (65.6% calories from fat); 5g Protein; 28g Carbohydrate; trace Dietary Fiber; 195mg Cholesterol; 151mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 5 1/2 Fat; 1 Other Carbohydrates.

Notes: You can use regular Scotch, but using single malt will make a difference.
Description: With some single malt whiskey added in.

1. Getting ready: have six 4-6 ounce ramekins ready (to hold about 1/2 to 3/4 cup each).
2. Put the brown sugar and water in a medium, heavy-bottomed saucepan, put the pan over medium heat and bring to a boil, stirring to dissolve the sugar. Stirring and lowering the heat if necessary, boil for 2 minutes. Add 1 1/2 cups milk and 1/2 cup cream and bring to a boil - don't worry if, as it's heating, the mixture curdles.
3. While the milk is heating, put the cornstarch and salt into a food processor and whir to blend. Turn them out onto a piece of waxed paper, put the sugar and egg yolks into the processor and blend for 1 minute. Scrape down the sides of the bowl, add the remaining 1/4 cup milk and pulse just to mix, then add the dry ingredients and pulse a few times to blend.
4. With the machine running, very slowly, pour in the hot liquid. Process for a few seconds, then pour everything back into the saucepan. Whisk without stopping over medium heat - making sure to get into the edges of the pan - until the pudding thickens and a couple of bubbles burble up to the surface and pop (about 2 minutes). You don't want the pudding to boil, but you do want it to thicken, so lower the heat, if necessary.
5. Scrape the pudding back into the food processor (if there's a scorched spot, avoid it as you scrape) and pulse a couple of times. Add the butter, vanilla and Scotch and pulse until everything is evenly blended.
6. Pour the pudding into the ramekins. If you don't want a skin to form, press a piece of plastic wrap against the surface of each pudding to create an airtight seal. Refrigerate the puddings for at least 4 hours.