Lemon Pudding Cakes with Vanilla Sauce

Adapted slightly from America's Test Kitchen, 2016



1 cup whole milk (must use whole milk)
1/2 cup heavy cream
3 tablespoons grated lemon zest
1/2 cup lemon juice
3/4 cup sugar
1/4 cup all-purpose flour
1/2 teaspoon baking powder
1/8 teaspoon salt
2 large eggs, separated
2 large egg whites
1/4 cup sugar, for the egg white portion
1/2 teaspoon vanilla extract
VANILLA SAUCE:
2/3 cup ice cream, melted completely

Per Serving (excluding unknown items): 310 Calories; 12g Fat (34.1% calories from fat); 6g Protein; 46g Carbohydrate; 1g Dietary Fiber; 110mg Cholesterol; 168mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 2 1/2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 6

NOTES: To take the temperature of the pudding layer, touch the instant read thermometer tip to the bottom of the ramekin and pull it up 1/4 inch. The batter can also be baked in an 8-inch square glass baking dish. Serve at room temperature, but it can also be served chilled (the texture will be firmer).

1. Adjust oven rack to middle position and heat oven to 325°F. Bring milk and cream to simmer in medium saucepan over medium-high heat. Remove pan from heat, whisk in lemon zest, cover pan, and let stand for 15 minutes. Meanwhile, fold dish towel in half and place in bottom of large roasting pan. Place six 6-ounce ramekins on top of towel and set aside pan. (When I made this, it made 8 ramekins - they sink once they cool.)
2. Strain milk mixture through fine-mesh strainer into bowl, pressing on lemon zest to extract liquid; discard lemon zest. Whisk in the larger amount of sugar, flour, baking powder, and salt in second bowl until combined. Add egg yolks, vanilla, lemon juice, and milk mixture and whisk until combined. (Batter will have consistency of milk.)
3. Using stand mixer fitted with whisk, whip egg whites on medium-low speed until foamy, about 1 minute. Increase speed to medium-high and whip whites to soft, billowy mounds, about 1 minute. Gradually add remaining sugar and whip until glossy, soft peaks form, 1 to 2 minutes.
4. Whisk one-quarter of whites into batter to lighten. With rubber spatula, gently fold in remaining whites until no clumps or streaks remain. Ladle batter into ramekins (ramekins should be heaping-full). Pour enough cold water into pan to come one-third of way up sides of ramekins. Bake until cake is set and pale golden brown and pudding layer registers 172-175°F at center, 45 to 55 minutes. Do use an INSTANT READ THERMOMETER.
5. Remove pan from oven and let ramekins stand in water bath for 10 minutes. Transfer ramekins to wire rack and let cool completely.
6. SAUCE: Meanwhile, allow ice cream to melt at room temp (about 20-30 minutes), pour into a pitcher and serve with the pudding cakes.