

HOMEMADE BANANA PUDDING

F EASY

Last Modified: 05/28/2016

PREP: 5 To 24 Hrs
COOK: 25 Min
STOVETOP

DESSERT

MAKES 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
PUDDING			
6	Large	Egg Yolks	Room Temp
1/2	Cup	Granulated Sugar	
2 1/2	Cups	Whole Milk	Scalded
2	Tbsp	Corn Starch	
1/4	Tsp	Kosher Salt	
2	Tbsp	Unsalted Butter	
2	Tsp	Vanilla Bean Paste (Madagascar)	
CARAMELIZED BANANAS			
1	Cup	Ripe Bananas	Thin Sliced
1/2	Cup	Dark Brown Sugar	Packed
1/2	Stick	Unsalted Butter	
1/4	Tsp	Ground Saigon Cinnamon	
2	Tbsp	Dark Rum (Bacardi Black)	
6	Grates	Freshly Grated Nutmeg	Option
RUM WHIPPED CREAM			
2	Cups	Vanilla Wafers	Coarse Crush
PLUS			
6	Whole	Vanilla Wafers	Garnish
3	Tbsp	Granulated Sugar	
2	Tbsp	Dark Rum (Bacardi Black)	
PREPARATION			
FACTOID	This is a VERY, VERY tasty made-from-scratch Pudding. You may freely substitute ANY fresh Fruit you like in place of the Bananas. I REALLY like the Kiwi Fruit version.		
CAUTION	While Vanilla Bean Paste can be difficult to find, it is readily available on-line and in most specialty stores. DO NOT SUBSTITUTE for it in this recipe!		
FACTOID	Vanilla Bean Paste is indeed the Chef's secret of the century. Since it's invention in the early 1990's, Chefs have been substituting it in any recipe calling for Vanilla Extract. The Paste is strong, so a beginners rule-of-thumb is to use 1/2 of the amount of Paste in place of any called-for Extract. BUT - Let your taste buds be your guide. Also - 1 tablespoon of Paste = 1 whole Vanilla Bean. Lasts for months if refrigerated.		
HINTS	SCALDED MILK: Milk heated until it is very hot but not boiling. There should be small bubbles forming around the edges of the sauce pan and the Milk to too hot to touch. There may be a 'skin' on top of the hot Milk after it starts to cool, you can discard this.		

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TOOLS	1) Medium Mixing Bowl 2) Medium Saucepan 3) Small Saucepan 4) 6 - Glass Parfait Dishes OR Dessert Stems 5) Stand Mixer & Whisk Attachment 6) Nutmeg Grater
PREP	None.
1	5 Hours Before: In a medium mixing bowl, whisk together the Granulated Sugar, Cornstarch, Salt and Egg Yolks and set them aside to come to room temperature, about 15 minutes.
2	4 3/4 Hours Before: In a medium saucepan over medium heat, heat the Milk to just
CAUTION	CAREFUL, in step #3 - Whisk vigorously, we want a smooth, creamy Egg Custard here and NOT Scrambled Eggs
3	4 1/2 Hours Before: Remove from the heat and whisk a ladleful of the hot Milk into the Egg Mixture until fully combined. Add another ladleful of the hot Milk to the Eggs, again, whisking until fully combined, and then, slowly pour the rest of the Milk into the Eggs while whisking constantly.
4	4 1/4 Hours Before: Pour the mixture into a clean medium saucepan. Set the saucepan over medium-low heat and cook while stirring, until the mixture thickens, about 5 minutes. Continue cooking, whisking constantly, until it is quite thick and glossy, about 10 minutes longer. Remove from the heat and whisk in the Butter and Vanilla Bean Paste until completely incorporated.
5	4 Hours Before: Transfer the mixture to a clean mixing bowl and press a piece of plastic wrap directly onto the surface of the Pudding, taking care to cover it completely to prevent a skin from forming. Refrigerate it for at least 4 hours. (Overnight is OK)
6	CARAMELIZED BANANAS: Combine the Brown Sugar, Butter and Cinnamon in a small saucepan over medium heat and cook until bubbly. Add in the sliced Bananas and toss with the mixture to coat. Remove from the heat and stir in the Rum.
7	RUM WHIPPED CREAM: Put the Cream, Granulated Sugar and Rum in the bowl of a stand mixer fitted with a whisk attachment. Beat on medium speed until the Sugar has dissolved and stiff peaks form, about 3 to 5 minutes. TASTE - No graininess!
8	ASSEMBLY: Place about 1/4 cup (depending on the size of your serving dishes) of the crushed Vanilla Wafers in the bottom of each parfait glass. Spoon a few tablespoons of Pudding over the crushed Wafers. Add a few tablespoons of Caramelized Bananas on top of the Pudding, making sure to include some of the sauce along with the Bananas. Top with a large dollop of the Rum Whipped Cream and top optionally a very small grate of fresh Nutmeg for a bit of color.
SERVE	Serve immediately after placing the Whole Vanilla Wafer on edge in the Topping (So it doesn't get a chance to get mushy).