

# Vanilla Pudding Desserts

A simple vanilla pudding brought to a next level

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## INGREDIENTS

(makes 4-6 desserts)

- 3 egg yolks
- 30g sugar
- 30g flour
- 1 tsp vanilla paste/extract
- 400ml milk
- 2-3 gelatin leaves



## DIRECTIONS

1. Mix egg yolks and sugar in a medium bowl with a whisk until well combined.
2. Add about half of the flour and mix well. Then add the rest of the flour and mix until you have a smooth texture.
3. Soak the gelatin in some cold water.
4. In a small pot, heat the milk until it starts to steam. Remove from heat and add to the egg mixture slowly while whisking continuously with the whisk. Transfer the pudding mix into the pot and heat over medium heat while continuously whisking until the pudding starts to thicken (this can take 5-10 minutes). Once thickened remove from heat.
5. Strain the water from the gelatin and whisk into the pudding until fully dissolved.
6. Pour the hot pudding into silicone molds to make shaped puddings. Allow to cool in room temperature until cool to touch and then chill further in the freezer for about two hours or in the fridge for about four to five hours.
7. If you chilled the desserts in the freezer, remove them to room temperature about thirty minutes before serving so they have time to defrost.

TIP. If you don't want to use gelatin you can substitute it for agar agar or fish gelatin. Also you can leave the gelatin out completely and serve the pudding in serving glasses. In this case you also want to cool the pudding first at room temperature and then in the fridge for four to five hours.