



Black-Bottom Caramel Pudding

READY IN



300 min.

SERVINGS



6

CALORIES



410 kcal

DESSERT

Ingredients

- ☐ 2 oz fine-quality bittersweet chocolate unsweetened finely chopped (not)
- ☐ 6 servings garnish: whipped cream and chocolate wafer cookies unsweetened finely chopped
- ☐ 0.3 cup cornstarch
- ☐ 2 large eggs
- ☐ 1 cup heavy cream
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1.5 teaspoons vanilla
- ☐ 0.3 cup water

☐ 3 cups milk whole

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

☐ whisk

☐ plastic wrap

☐ pastry brush

Directions

☐ Bring sugar and water to a boil in a large heavy saucepan over high heat, stirring with a fork until sugar is dissolved. Boil, without stirring, washing down sugar crystals clinging to side of pan with a pastry brush dipped in cold water, until pale golden, 4 to 5 minutes. Continue to cook, without stirring, swirling pan occasionally, until sugar turns a deep amber caramel, 1 to 2 minutes.

☐ Remove from heat and carefully add cream in a slow stream (mixture will bubble and steam). Return to low heat and cook, whisking, until smooth.

☐ Stir together 1/2 cup milk and cornstarch. Beat eggs, vanilla, and salt in another bowl.

☐ Stir remaining 2 1/2 cups milk into caramel and bring to a simmer, whisking occasionally. Stir cornstarch mixture, then whisk into caramel. Bring to a boil, whisking, and simmer, whisking, 2 minutes, then remove from heat.

☐ Whisk about 1 cup hot caramel mixture into egg mixture until well blended, then whisk egg mixture back into caramel. Continue whisking off the heat 1 minute. 3

☐ Whisk 1/2cup hot caramel pudding into chopped chocolate, stirring until smooth. Spoon chocolate pudding into 6 (8-oz) parfait glasses, then top with caramel pudding.

☐ Chill until set, at least 3 hours.

☐ • Pudding can be made up to 3 days ahead and chilled, covered with plastic wrap.

Nutrition Facts



 PROTEIN **7.61%**  FAT **51.36%**  CARBS **41.03%**

Properties

Glycemic Index:26.27, Glycemic Load:19.96, Inflammation Score:-5, Nutrition Score:8.7404347774775%

Nutrients (% of daily need)

Calories: 410.39kcal (20.52%), Fat: 23.65g (36.39%), Saturated Fat: 14.04g (87.74%), Carbohydrates: 42.52g (14.17%), Net Carbohydrates: 41.68g (15.16%), Sugar: 36.01g (40.01%), Cholesterol: 122.05mg (40.68%), Sodium: 185.69mg (8.07%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Caffeine: 8.23mg (2.74%), Protein: 7.89g (15.77%), Phosphorus: 205.87mg (20.59%), Vitamin B2: 0.33mg (19.53%), Calcium: 192.56mg (19.26%), Vitamin A: 875.59IU (17.51%), Vitamin D: 2.31µg (15.4%), Vitamin B12: 0.89µg (14.81%), Selenium: 9.77µg (13.96%), Magnesium: 36.96mg (9.24%), Potassium: 301.52mg (8.61%), Vitamin B5: 0.84mg (8.44%), Manganese: 0.15mg (7.42%), Copper: 0.15mg (7.35%), Zinc: 1.08mg (7.2%), Vitamin B6: 0.12mg (6.03%), Vitamin B1: 0.09mg (5.87%), Iron: 1.01mg (5.6%), Vitamin E: 0.66mg (4.43%), Fiber: 0.84g (3.35%), Folate: 9.89µg (2.47%), Vitamin K: 2.39µg (2.28%), Vitamin B3: 0.28mg (1.39%)