



Butterscotch Pudding



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



702 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter unsalted
- ☐ 1.5 cups brown sugar dark
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.3 cup heavy whipping cream
- ☐ 0.8 cup milk whole
- ☐ 3 egg yolks
- ☐ 1.5 tablespoons vanilla extract

Equipment

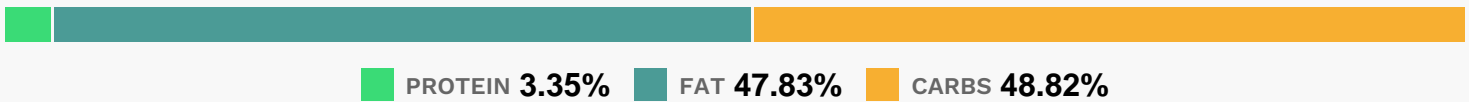
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ ramekin
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven, heat water, prepare ramekins: Preheat oven to 325°F and set a kettle of water to boil. Set four ramekins or oven-safe bowls out and a large baking dish.
- ☐ Make butterscotch base with butter, sugar, salt, cream and milk: In a saucepan melt the butter. Once melted add the brown sugar and salt, stir until well combined.
- ☐ Add the cream and milk to the sugar mixture.
- ☐ Heat until steamy and tiny, pinprick-sized bubbles begin to show around the side of the pot and the ingredients are combined (about 170°F to 180°F). You do not want it to boil or even simmer as this will cause scalding or curdling of the milk.
- ☐ Remove from heat immediately.
- ☐ Temper the egg yolks: Slowly, in a thin stream, pour the heated sugar-dairy mixture into the egg yolks, whisking constantly so that the egg yolks are tempered by the warm mixture, but not cooked by it.
- ☐ Add vanilla and strain mixture through sieve: Stir in the vanilla extract.
- ☐ Pour through a fine mesh sieve to catch any cooked bits of egg.
- ☐ Pour mixture into ramekins, prepare water bath: Ladle the mixture evenly into the ramekins.
- ☐ Place ramekins in a heavy bottomed pan and pour the hot water into the pan until the water rises halfway up the sides of the ramekins.

- ☐ Lightly tent the entire pan (not each individual ramekin) with some vented foil. The foil can simply be crimped on two opposite sides, it shouldn't be airtight.
- ☐ Bake at 325°F for 45–50 minutes. Be sure to rotate the pan half way through cooking. If you shake them they will have a jell-o-like wobble. It should not ripple or move like a liquid when you shake it. Don't worry as they will set up after they cool. Chill in the fridge for a few hours before serving.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.81, Inflammation Score:-6, Nutrition Score:8.448695688144%

Nutrients (% of daily need)

Calories: 701.53kcal (35.08%), Fat: 37.57g (57.8%), Saturated Fat: 22.84g (142.77%), Carbohydrates: 86.29g (28.76%), Net Carbohydrates: 86.29g (31.38%), Sugar: 85.09g (94.55%), Cholesterol: 250.38mg (83.46%), Sodium: 358.94mg (15.61%), Alcohol: 1.68g (100%), Alcohol %: 0.93% (100%), Protein: 5.92g (11.84%), Vitamin A: 1537.03IU (30.74%), Calcium: 193.65mg (19.36%), Vitamin D: 2.53µg (16.85%), Selenium: 11.72µg (16.74%), Vitamin B2: 0.28mg (16.54%), Phosphorus: 147.27mg (14.73%), Vitamin B12: 0.64µg (10.69%), Vitamin B5: 0.88mg (8.82%), Vitamin E: 1.22mg (8.12%), Potassium: 272.68mg (7.79%), Vitamin B6: 0.14mg (6.82%), Folate: 23.72µg (5.93%), Iron: 1.04mg (5.77%), Magnesium: 19.53mg (4.88%), Zinc: 0.71mg (4.76%), Vitamin B1: 0.07mg (4.34%), Manganese: 0.08mg (3.75%), Copper: 0.06mg (3.13%), Vitamin K: 3.1µg (2.95%), Vitamin B3: 0.21mg (1.07%)