



Thai Tea Pudding with Lime Caramel and Candied Cashews

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



582 kcal

DESSERT

Ingredients

- ☐ 6 servings candied cashews
- ☐ 0.3 cup cornstarch
- ☐ 2 large eggs
- ☐ 1 quart half-and-half
- ☐ 0.5 teaspoon kosher salt
- ☐ 6 servings lime caramel
- ☐ 1 cup sugar

- ☐ 6 servings lime whipped cream
- ☐ 0.5 cup milk whole
- ☐ 0.3 cup thai tea mix dried
- ☐ 0.3 cup thai tea mix dried

Equipment

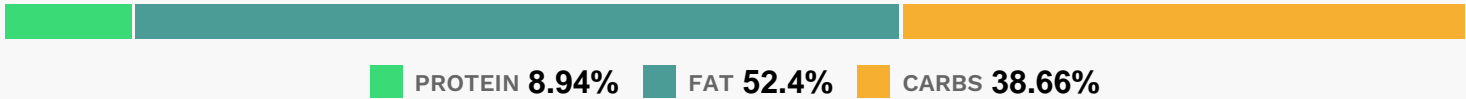
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ grill
- ☐ stove

Directions

- ☐ Whisk the milk, eggs, and cornstarch together in a medium mixing bowl.
- ☐ Combine the half-and-half, sugar, Thai tea mix, and salt in a medium saucepan, and bring to a boil over medium-high heat, 5 to 6 minutes.
- ☐ Pour the mixture through a fine-mesh strainer into a bowl, and then slowly whisk it into the egg mixture until well incorporated.
- ☐ Wash the saucepan and then return it to the stove.
- ☐ Pour the tea-egg mixture back into the pan and cook over medium-low heat, whisking constantly and scraping the sides and bottom of the pan so that the ingredients don't stick and burn, until the mixture is noticeably thicker, 5 minutes.
- ☐ Remove the pan from the heat and pour the pudding into 6 dessert cups. Chill in the refrigerator for at least 2 hours before serving.
- ☐ Serve topped with the lime caramel, candied cashews, and lime whipped cream.
- ☐ *Thai tea mix: This is a prepackaged blend of black tea and spices found in Thai markets.

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- Susan Feniger's taste for travel is reflected on the menu at Susan Feniger's Street (Hollywood) and the three Border Grill eateries (Los Angeles, Santa Monica, and Las Vegas) and Border Grill Truck and kiosk she co-owns with Mary Sue Milliken. A trailblazer on food TV with Food Network's Too Hot Tamales (1995–99), Feniger has more recently appeared on Season 2 of Top Chef Masters. Susan Feniger's Street Food, written with Kajsa Alger and Liz Lachman, is her sixth book.

Nutrition Facts



Properties

Glycemic Index:36.72, Glycemic Load:26.25, Inflammation Score:-6, Nutrition Score:14.949565203294%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 581.5kcal (29.08%), Fat: 34.99g (53.83%), Saturated Fat: 15.15g (94.72%), Carbohydrates: 58.08g (19.36%), Net Carbohydrates: 56.83g (20.67%), Sugar: 43.19g (47.99%), Cholesterol: 124.2mg (41.4%), Sodium: 326.59mg (14.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.43g (26.86%), Phosphorus: 388.8mg (38.88%), Copper: 0.7mg (34.8%), Magnesium: 109.11mg (27.28%), Vitamin B2: 0.44mg (25.84%), Manganese: 0.51mg (25.49%), Selenium: 17.03µg (24.33%), Calcium: 223.18mg (22.32%), Zinc: 2.69mg (17.9%), Vitamin A: 725.89IU (14.52%), Iron: 2.47mg (13.73%), Potassium: 476.58mg (13.62%), Vitamin B1: 0.2mg (13.11%), Vitamin B6: 0.25mg (12.51%), Vitamin K: 12.55µg (11.95%), Vitamin B5: 1.08mg (10.8%), Vitamin B12: 0.58µg (9.59%), Vitamin E: 0.9mg (6.02%), Folate: 20.81µg (5.2%), Fiber: 1.25g (5%), Vitamin C: 3.61mg (4.37%), Vitamin D: 0.58µg (3.87%), Vitamin B3: 0.54mg (2.71%)