

Maple Butterscotch Pudding

with Caramelized Bananas

by Sierra Waters

Equipment

Whisk

Electric mixer

Mixing bowls

Saucepan

Dessert glasses or cups

Total Time: 3.5 hours

Yield: 6 servings

Ingredients

Pudding

$\frac{3}{4}$ cup maple syrup

5 tablespoons unsalted butter divided

1 teaspoon white miso paste

2 $\frac{1}{2}$ cup whole milk

3 egg yolks

1 full egg

$\frac{1}{4}$ cup cornstarch

1 teaspoon vanilla

Whipped Cream

1 cup heavy cream

$\frac{1}{4}$ cup sour cream

Caramelized Bananas

½ teaspoon ground cinnamon

2 tablespoons maple syrup

1 tablespoon unsalted butter

3 ripe bananas, sliced ¼ inch thick

Instructions

Pudding

1. Start by placing maple syrup, two tablespoons of butter, and miso in a medium-sized saucepan over medium-low heat. Whisk until all the ingredients are incorporated, the butter is melted, and the miso has dissolved. It should take about 2-3 minutes. Once bubbling and slightly caramelized, pull off the heat.
2. Whisk together the egg yolks and one whole egg with the cornstarch in a medium-sized bowl until thoroughly combined, smooth, and with no powder left.
3. Place the saucepan with the maple syrup mixture over medium-low heat, slowly whisk in the whole milk, and place over medium heat until barely beginning to come to a simmer.

Blanche and Temper the eggs

1. When the maple and milk mixture comes to a low simmer, slowly whisk in ½ of the milk mixture into the eggs and cornstarch to prevent scrambling.
2. Then, immediately add the tempered egg mixture to the pan with the other half of the milk mixture. Whisk constantly, and cook the pudding over medium-low heat for 3-4 minutes until thickened. Remove the whisk briefly; you should see the pudding bubbling and boiling. Remove from the heat immediately.

3. Pour the pudding into a large glass bowl. Refrain from scraping the bottom of the pan; there might be overcooked parts of the pudding, you want to ensure the texture is smooth. Then whisk in the butter and vanilla extract until smooth silky, and everything is incorporated.
4. Place the pudding into the fridge with plastic wrap directly onto the surface of the pudding for 3 hours, until set and no longer warm.

Caramelized Bananas

Closer to serving time, make the whipped cream and bananas. Add the sliced bananas into a medium-sized saute pan with butter, maple syrup, and cinnamon. Saute over medium heat until slightly caramelized, golden brown, and softened. 3-4 minutes. Take off the heat and set aside. Serve warm.

Whipped Cream

Add the heavy cream and sour cream to the bowl of a stand mixer. Whip using the whisk attachment until soft peaks.

Assemble

To assemble, fill individual dessert glasses about 3/4 full with the pudding. Layer a scoop of the whipped cream spread over the pudding, and pile some caramelized bananas on top of each glass. Enjoy!