



Chocolate Pudding

Cook Healthy Edible Food

Yield: 6 servings

Preparation Time: About 25 minutes

Chilling Time: About an hour

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none"> • 2 Tbsp (30mL) cornstarch • 5 Tbsp (70mL) sugar • 2 Tbsp (30mL) cocoa powder • 1/8 tsp (0.5mL) salt • 250mL whipping cream (not whipped) • 1 ½ cups (375mL) cups whole milk • 2 large eggs • 1 1/4 cup (300mL) good quality chocolate chips • 1 tsp (5mL) vanilla extract • ice and water (for ice bath) 	<ul style="list-style-type: none"> • medium-sized pot • measuring cups and spoons • liquid measuring cups • whisk • measuring cups • medium-sized mixing bowl • large-sized mixing bowl • spatula • ladle • serving bowls or ramekins

Method:

1. Measure the **cornstarch, sugar, cocoa powder and salt** into the medium-sized pot. Whisk together to combine and break up lumps.
2. Add the **cream, milk, eggs and vanilla**. Whisk until combined.
3. Add the **chocolate chips** and mix.
4. Turn on the stove-top to a medium heat and put the pot on the stove. Whisk slowly and constantly. Be sure to whisk the sides and bottom of the pot so the pudding doesn't stick and cook too much. Keep whisking until the pudding gets thick. This should take about 8 minutes. To check the pudding is ready, stop stirring for a moment and if the pudding bubbles slowly like lava, it's ready!
5. Turn off the stove-top and pour the pudding into a medium-sized bowl using a spatula.
6. Make an ice bath by putting some ice cubes and a little bit of water in a large bowl. Set the bowl with the pudding into the ice bath and stir it with the spatula until it is cool. Wipe the bottom of the bowl when you take it out of the ice bath.
7. You can leave the pudding in the medium-sized bowl or you can use a ladle or pour the pudding into dessert bowls or ramekins.

8. Cover the bowl(s) with plastic wrap and put the pudding in the fridge for about an hour. The pudding will thicken as it gets cold.

Tasty Tips:

- A different way to serve the pudding is to layer the chocolate pudding with chopped fresh fruit, whipped cream or crumbled cookies in small wine glasses. Very fancy!
- To make frozen 'pudding pops', put small plastic cups on a baking tray then spoon pudding into the cups. Put a Popsicle stick in the middle of each cup. Cover the cups with an upside down paper muffin cup with a slit cut in the middle for the stick to go through. Freeze overnight. To remove the pudding pop, warm up the cup in your hands then pull the pudding pop from the cup.