

Old-Fashioned Creamy Lemon Pudding

Author: Sandra Krist, in *Sunset*, 2005



- 2 large eggs
- 1 cup sugar
- 3 tablespoons cornstarch
- 2 tablespoons all-purpose flour
- 2 cups buttermilk
- 1/2 teaspoon grated lemon peel
- 1/3 cup fresh lemon juice
- 1/4 cup butter

Lightly sweetened whipped cream, optional

Per Serving (excluding unknown items): 424 Calories; 15g Fat (31.4% calories from fat); 8g Protein; 66g Carbohydrate; trace Dietary Fiber; 141mg Cholesterol; 282mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1/2 Non-Fat Milk; 2 1/2 Fat; 3 1/2 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>

Notes: The author of this recipe used to make it into a pie - then she decided it was a lot simpler to make as a pudding - and chucked the crust. It has all the tang of lemon curd, but it's made with buttermilk instead.

1. In a bowl, whisk eggs to blend. Set aside.
2. In a 2- to 3-quart pan, mix sugar, cornstarch, and flour. Stir in the buttermilk. Use a whisk to dissolve all the dry lumps before starting to cook. Set the mixture over medium heat and stir often until simmering, 10 to 12 minutes. Continue simmering, stirring often, 2 minutes longer.
3. Whisk half the buttermilk mixture into the eggs, then return both to pan, along with lemon peel, lemon juice, and butter. Whisk over medium-low heat until pudding reaches 160° on an instant-read thermometer and very thickly coats a spoon, 4 to 6 minutes; do not boil.
4. Spoon pudding into bowls or heatproof glasses. Serve warm or cool, with whipped cream if desired.