

Smooth, Sweet, and Silky - This Old-School Pudding Recipe Never Fails Me

When I need a quick dessert that feels nostalgic and comforting, this



TIME
5 min

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INGREDIENTS

2 cups milk (whole milk preferred for creaminess)
1/4 cup cornstarch or arrowroot powder
1/4 cup sugar (adjust based on your preference)
1 teaspoon vanilla extract
A pinch of salt

DIRECTIONS

- 1.** Step 1: Combine Ingredients in a SaucepanI start by whisking together the milk, cornstarch, sugar, and a pinch of salt in a medium saucepan. I make sure there are no lumps and everything is smooth before I turn on the heat.
- 2.** Step 2: Cook Over Medium HeatWith the heat on medium, I stir constantly with a whisk or silicone spatula. The mixture starts off thin, but after a few minutes it begins to thicken. I keep stirring until it reaches a gentle boil and holds its shape when I drag a spoon across the bottom of the pan.
- 3.** Step 3: Remove from Heat and Add VanillaOnce it's thickened to a pudding-like consistency, I remove it from the heat and stir in the vanilla extract. This gives it that warm, dessert-shop flavor that makes it feel a little fancy.
- 4.** Step 4: Chill and ServeI pour the pudding into small serving bowls or jars and let it cool to room temperature. Then I transfer it to the fridge to chill for at least an hour. Once set, it's ready to eat.

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