

Old-Fashioned Banana Puddin' with Meringue: Classic Recipe

Step back in time and savor a taste of pure Southern comfort with this incredible



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8 min

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INGREDIENTS

4 bananas, ripe but firm, peeled and sliced
Vanilla wafers (about 50 wafers, enough for layers)
3/4 cup sugar (for pudding)
1/4 teaspoon salt (for pudding)
1/4 cup all-purpose flour
1 cup regular milk (whole or 2% recommended)
1 1/2 cups PET milk (evaporated milk, 12 oz can approx.)
4 large egg yolks
1 teaspoon vanilla flavoring (for pudding)
A squeeze of lemon juice (optional, for bananas)
4 egg whites (from the eggs separated for yolks)
1/4 cup sugar (for meringue)
1/2 teaspoon vanilla extract (for meringue)

DIRECTIONS

1. Let's get this delicious : Ole Fashion Banana Puddin' assembled!
2. Prepare : Bananas: In a medium bowl, slice the 4 peeled bananas into rounds. If desired, lightly sprinkle them with a little lemon juice to help prevent them from turning black. Set aside.
3. Layer : Wafers & Bananas (Initial): In a 2-quart casserole dish, arrange a single layer of vanilla wafers on the bottom. (Optional: Use about 10 wafers to stand up around the side of the bowl for a pretty presentation, as traditional). Place a layer of sliced bananas over the vanilla wafers.
4. Prepare : Pudding (Stovetop): In a medium saucepan, combine the 3/4 cup sugar, 1/4 teaspoon salt, 1/4 cup all-purpose flour, 1 cup regular milk, 1 1/2 cups PET milk (evaporated milk), and 4 large egg yolks. Whisk everything together thoroughly until well combined and lump-free.
5. Cook : Pudding: Place the saucepan over medium heat. Cook the mixture, stirring continuously with a whisk, for about 7 or 8 minutes, or until the mixture just barely comes to a boil and becomes very thick, like pudding. Be sure to stir constantly, as it will burn very easily on the bottom if left unattended. The second you see it start to bubble and visibly thicken to a pudding-like consistency, remove it immediately from the heat.
6. Add : Vanilla to Pudding: Remove the saucepan from the stove and immediately stir in 1 teaspoon vanilla flavoring.
7. Cool : Pudding (Slightly): Allow the pudding to cool for about 10-15 minutes, stirring occasionally, to

prevent a skin from forming and to allow it to thicken a bit more before layering.

8. **Assemble : Pudding Layers:** Pour about half of the slightly cooled pudding mixture over the vanilla wafers and bananas in the casserole dish. Continue to layer with more sliced bananas and vanilla wafers, then pour the remaining pudding mixture on top, ensuring it covers the layers.
9. **Prepare : Meringue:** While the pudding is setting, prepare the meringue. In a clean, dry bowl (preferably glass or metal) of a stand mixer or using a handheld electric mixer, beat the 4 egg whites on high speed until stiff peaks form (the whites should hold their shape when the whisk is lifted). Gradually add the 1/4 cup sugar and 1/2 teaspoon vanilla extract, beating into the egg whites until glossy and smooth, creating a stable meringue.
10. **Top with : Meringue & Broil:** Spread the prepared meringue evenly over the top of the pudding, ensuring it touches the edges of the dish to create a seal and prevent shrinking. Place the dish under a broiler (about 4-6 inches from the heat source) for about 2-3 minutes, or until the meringue is beautifully golden brown. Watch constantly to prevent burning, as broilers can brown very quickly.
11. **Cool & : Chill:** Remove the pudding from under the broiler. Allow it to cool completely at room temperature, then cover loosely and refrigerate for at least 4 hours, or preferably overnight, to allow the pudding to set and the flavors to meld.
12. **Enjoy your classic : Ole Fashion Banana Puddin'!**

SWAPS & NOTES

Bananas: Use ripe but still slightly firm bananas (yellow with a few brown spots) for the best texture in the pudding.

Vanilla Wafers: Nilla Wafers are the classic choice.

About 50 wafers will provide sufficient layers.

PET Milk (Evaporated Milk): This is crucial for the traditional creamy custard flavor and texture.

TIPS FOR SUCCESS

Ripe but Firm Bananas: This balance is key for flavor and texture.

Stir Pudding Constantly: This is the most crucial step to prevent scorching and ensure a smooth custard.

Don't Overcook Pudding: Cook until just thickened.

It will continue to thicken as it cools.

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