

Ole Fashion Banana Puddin'#: The Ultimate Southern Comfort Dessert

unapologetic homage to tradition



OVEN
350°F

TIME
7-8 min

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INGREDIENTS

4 bananas, peeled and sliced (about 3-4 cups)
Vanilla wafers (I use about 50 wafers to make this pudding, a standard 11 oz box)
3/4 cup sugar
1/4 teaspoon salt
1/4 cup all-purpose flour
1 cup regular milk (whole milk recommended)
1 1/2 cups PET milk (evaporated milk)
4 egg yolks
1 teaspoon vanilla flavoring
4 egg whites (reserved from yolks)
1/4 cup sugar
1/2 teaspoon vanilla flavoring

Swaps and Notes:

Bananas: Use ripe but still firm bananas for the best texture. Overripe bananas will be too mushy, and under-ripe ones won't be sweet enough. Sprinkling with lemon juice is key to preventing browning.

Vanilla Wafers: Nilla Wafers are the classic choice, but any plain, crisp vanilla-flavored wafer cookie will work. The quantity needed can vary slightly based on your dish size and layering preference.

PET Milk (Evaporated Milk): This is a Southern secret for incredibly rich and creamy pudding! Do not substitute with condensed milk (which is sweetened) or more regular milk, as it won't yield

the same result.

Regular Milk: Whole milk provides the best richness for the custard.

Egg Yolks: These are crucial for the custard's richness, color, and thickening. Don't discard the egg whites - you'll need them for the meringue!

Vanilla Flavoring: Use good quality vanilla extract.

Custard Thickening: The custard needs to be cooked until visibly thick, coating the back of a spoon. It will continue to thicken as it cools.

Instructions:

Prepare Bananas: In a medium bowl, peel and slice the 4 bananas into even rounds. Immediately sprinkle the slices with a little lemon juice and toss gently. This prevents them from turning black and keeps them fresh-looking.

Layer the Base: In a 2-quart casserole dish or serving bowl, arrange a single layer of vanilla wafers on the bottom. If desired, you can stand about 10 wafers around the side of the bowl, facing outwards, for a pretty presentation. Layer about one-third of the sliced bananas over the wafers.

Make the Custard: In a medium saucepan set on top of the stove (off heat for now), whisk together 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 egg yolks until thoroughly combined and smooth.

Cook the Custard: Place the saucepan over medium heat. Cook, stirring continuously with a whisk, for about 7-8 minutes, or until the mixture thickens significantly. It should be thick enough to coat the back of a spoon and hold its shape briefly when you lift the whisk. (IMPORTANT: This custard burns very easily, so it is crucial to stir constantly and scrape the bottom of the pan to prevent scorching.)

Finish Custard: Remove the saucepan from the stove. Stir in 1 teaspoon vanilla flavoring.

Cool Custard: Allow the custard to cool slightly for about 10-15 minutes, stirring occasionally to prevent a skin from forming.

Assemble Pudding Layers: Pour about half of the warm custard mixture evenly over the first layer of wafers and bananas in the casserole dish.

Continue layering: Add another layer of vanilla wafers, then another layer of sliced bananas. Pour the remaining custard mixture over the top, ensuring all bananas and wafers are covered.

Prepare Meringue (Optional, but highly recommended!): If making meringue, in a clean, dry bowl (metal or glass is best), beat the 4 egg whites (reserved from earlier) on high speed with an electric mixer until stiff peaks form. Gradually

add the 1/4 cup sugar one tablespoon at a time, continuing to beat until the meringue is glossy and firm. Beat in the 1/2 teaspoon vanilla flavoring.

Top and Broil: Carefully spread the meringue evenly over the top of the pudding, ensuring it touches the edges of the casserole dish to seal it (this prevents shrinkage). Place the pudding under a preheated broiler for about 2-3 minutes, watching very carefully, until the meringue top is golden brown. Alternatively, you can bake in a 350°F (175°C) oven for 10-15 minutes until golden.

Chill: Allow the pudding to cool completely at room temperature, then refrigerate for at least 4 hours, or preferably overnight, before serving. This allows the wafers to soften and the flavors to meld.

Tips for Success:

Patience with Custard: Stirring constantly over medium heat is critical to prevent the custard from burning or clumping. Don't rush it!

Separate Eggs Carefully: Ensure absolutely no egg yolk gets into the egg whites for the meringue, as fat will prevent the whites from whipping up properly.

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14. Clean : Meringue Bowl: The bowl and beaters for the meringue must be scrupulously clean and free of any grease.
15. Seal the : Meringue: Make sure the meringue touches the edges of the dish all around. This prevents it from shrinking away from the sides.
16. Watch the : Broiler: Meringue browns very quickly under the broiler. Stay by the oven and pull it out as soon as it reaches your desired golden color.
17. Chill : Thoroughly: Chilling allows the custard to set fully and the vanilla wafers to soften to that classic pudding texture.
18. Serving Suggestions and Pairings: Ole Fashion Banana Puddin' is a dessert that shines on its own. It's perfect for family gatherings, potlucks, and special occasions. It pairs beautifully with a simple cup of coffee or a glass of cold milk. For other beloved banana-centric treats, you might also enjoy my This Big Family Banana Pudding Is My Favorite Classic Dessert To Feed A Crowd (a different take!) or my This Chocolate Chip Banana Bread Is My Favorite Way To Use Up Overripe Bananas.
19. Storage and Leftover Tips: Store leftover banana pudding, covered loosely with plastic wrap or a lid, in the refrigerator for up to 2-3 days. The bananas may darken slightly, but the flavor will remain delicious. The wafers will continue to soften over time. This pudding does not freeze well due to the meringue and custard texture.

20. More Recipes You Will Love: If you enjoy classic, comforting desserts, here are some other Chefmaniac favorites that are sure to please:
21. For another easy no-bake dessert, explore : These Old School No-Bake Cookies Never Fail Me And I've Made Them 100 Times.
22. If you're a fan of mint and chocolate, you must try This Grasshopper Pie Is My Favorite No-Bake Dessert With A Mint Chocolate Twist.
23. And for a refreshing and easy summer treat, check out This Easy Ice Cream Sandwich Cake Is My Favorite No-Bake Summer Dessert.
24. Final Thoughts: This Ole Fashion Banana Puddin' is more than just a recipe; it's a piece of culinary history, bringing warmth and joy with every spoonful. The homemade custard makes all the difference, creating a rich, deeply satisfying dessert that stands the test of time. Give it a try, and taste the true essence of Southern comfort.
25. What are your favorite "old fashion" desserts? Share your memories and ideas in the comments below, and don't forget to follow Chefmaniac.com for more delicious recipes!

SWAPS & NOTES

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/ole-fashion-banana-puddin-the-ultimate-southern-comfort-dessert/>