

Old-Fashioned Banana Pudding Recipe with Homemade Custard and Meringue

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8 min

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INGREDIENTS

For the pudding:

4 fresh bananas, peeled and sliced

Vanilla wafers

3/4 cup sugar

1/4 teaspoon salt

1/4 cup all-purpose flour

3 cups PET milk

4 egg yolks

Pat of butter

1 teaspoon vanilla flavoring

For the meringue:

4 egg whites

1/2 cup sugar

Pinch of cream of tartar

DIRECTIONS

1. Layer the bananas and wafers: Slice the bananas into a medium bowl. In a 2-quart casserole dish, begin layering the vanilla wafers and sliced bananas.
2. Make the pudding: In a saucepan on the stove, whisk together the sugar, salt, flour, egg yolks, butter, and milk.
3. Cook over medium heat, whisking continuously for about 8 minutes, or until the mixture thickens into a smooth pudding.
4. Add the vanilla: Remove the pudding from the heat and stir in the vanilla flavoring. Let it cool slightly.
5. Build the pudding layers: Pour some of the pudding over the banana and wafer layers in the casserole dish. Continue layering wafers, bananas, and pudding until everything is used, finishing with pudding on top.
6. Make the meringue: In a clean bowl, beat the egg whites and pinch of cream of tartar on high speed until stiff peaks form.
7. Add the sugar and vanilla flavoring, then continue beating until the mixture is glossy and well combined.
8. Top and broil: Spread the meringue over the pudding, making sure it reaches the edges.
9. Broil until the meringue is golden brown, about 3 minutes. Watch it closely so it does not burn.
10. Serve: Serve warm or let it cool and chill before serving, depending on your preference.

SWAPS & NOTES

Fresh bananas are essential here, and you want them ripe but not overly soft.

They should be sweet and slice cleanly so they hold their shape in the pudding.

Vanilla wafers are the classic choice and give banana pudding its signature texture and flavor.

As they sit with the custard, they soften beautifully and become one of the best parts of the dessert.

TIPS FOR SUCCESS

Whisk the pudding constantly while it cooks so it stays smooth and thickens evenly.

This is the key to getting that classic creamy texture without lumps.

Let the pudding cool just a little before layering so it does not immediately break down the bananas too much, but do not wait so long that it becomes hard to spread.

When making the meringue, be sure your bowl is clean and dry.

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