

Caramel Ricotta Pudding (Budino di Ricotta)

Serves 6

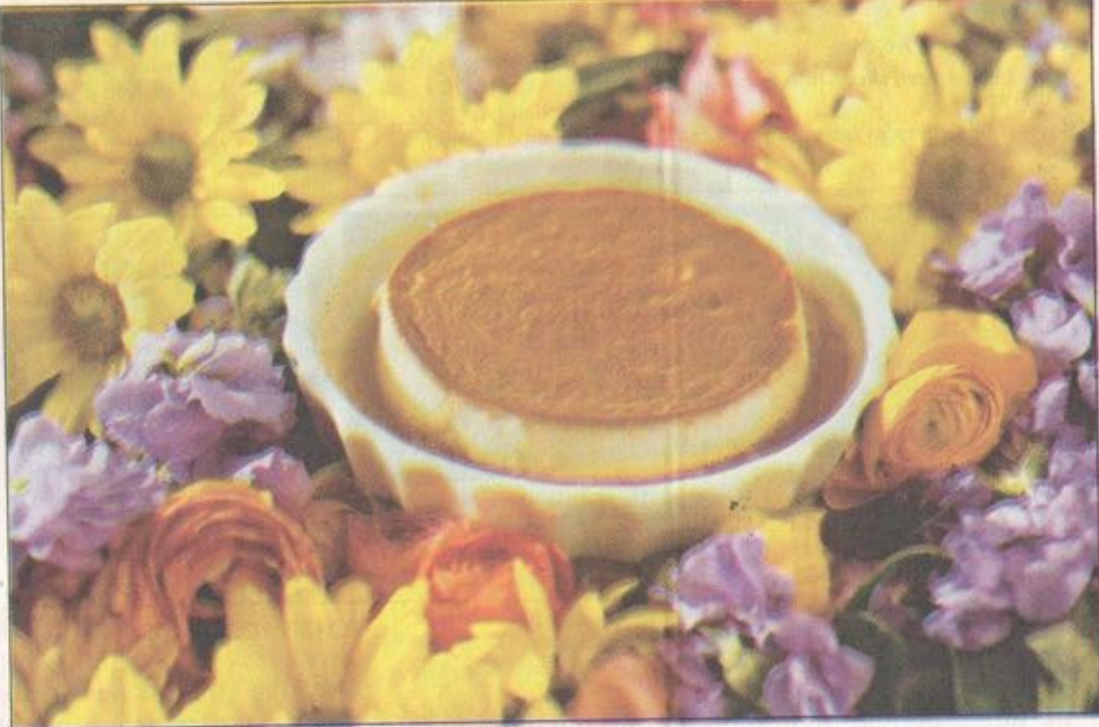
Adapted from "A Fresh Taste of Italy," by Michele Scicolone (Broadway Books, 1997).

- 1 cup + 3 tablespoons sugar
- 15 or 16-ounce container whole-milk ricotta
- 2 large eggs
- ¼ cup milk
- 1½ teaspoons vanilla extract

Instructions: Preheat the oven to 325°.

In a small saucepan, combine 1 cup of the sugar and ¼ cup water. Cook over medium heat, stirring occasionally until the sugar dissolves. When the mixture begins to boil, stop stirring and cook until the syrup starts to brown around the edges. Then gently swirl the pan over the heat until the syrup is an even golden brown. Protecting your hand with an oven mitt, immediately pour the caramel into six 6- to 8-ounce custard cups, swirling the cups to coat the bottom evenly. Let cool briefly.

In a food processor or blender, or using an electric mixer, beat the ricotta until very smooth, about 5



minutes. Add the eggs, milk, vanilla and remaining 3 tablespoons sugar and blend again. Divide the mixture evenly among the caramel-lined cups. Place the cups in a roasting pan or baking dish and add enough boiling water to come halfway up the

sides of the cups.

Bake until the tops are set but the centers are still soft and jiggle when you tap the cups, 50 to 55 minutes. Transfer the cups to a rack to cool. Cover the cups with plastic wrap and refrigerate for several hours or overnight.

To serve, run a small knife around each pudding and invert onto a serving plate.

Per serving: 310 calories, 10 g protein, 43 g carbohydrate, 11 g fat (7 g saturated), 108 mg cholesterol, 86 mg sodium, 0 fiber.