

## Old-Fashioned Creamy Lemon Pudding

SANDRA KRIST, SHERMAN OAKS, CA

Sandra Krist first made a creamy lemon pie, then ditched the crust, because the filling mixture was a lot less trouble as a pudding. Made with buttermilk, it has a slight tang, similar to lemon curd.

**PREP AND COOK TIME:** About 25 minutes

**MAKES:** 3 cups; 4 to 6 servings

- 2 large eggs
- 1 cup sugar
- 3 tablespoons cornstarch
- 2 tablespoons all-purpose flour
- 2 cups buttermilk
- ½ teaspoon grated lemon peel
- ⅓ cup lemon juice
- ¼ cup (⅛ lb.) butter
- Lightly sweetened whipped cream (optional)

1. In a bowl, whisk eggs to blend.
2. In a 2- to 3-quart pan, mix sugar, cornstarch, and flour. Stir in the buttermilk, then set the mixture over medium heat and stir often until simmering, 10 to 12 minutes. Continue simmering, stirring often, 2 minutes longer.
3. Whisk half the buttermilk mixture into the eggs, then return both to pan, along with lemon peel, lemon juice, and butter. Whisk over medium-low heat until pudding reaches 160° on an instant-read thermometer and very thickly coats a spoon, 4 to 6 minutes; do not boil.
4. Spoon pudding into bowls or heatproof glasses. Serve warm or cool, with whipped cream if desired.

**Per serving:** 285 cal., 32% (90 cal.) from fat; 5.2 g protein; 10 g fat (5.9 g sat.); 44 g carbo (0.1 g fiber); 192 mg sodium; 96 mg chol. ●