Chocolate Pudding
Recipe: Modified from Betty Crocker Cookbook
Melissa Schenker/Foodie for Two 2011
Serves two foodies

1/3 cup sugar
2 tablespoons cornstarch
1/8 teaspoon salt
2 cups milk (use 1% fat or higher)
2 large egg yolks, slightly beaten
2 teaspoons vanilla (Tahitian Vanilla if available)
1/3 cup bittersweet (60% cacao) chocolate chips
3 tablespoons semi-sweet chocolate chips

Garnish: shaved chocolate, mint sprigs, fresh fruit and optional fresh whipped cream

In a medium glass bowl, add the egg yolks and set aside. The bowl will be used later to temper the eggs with the hot milk mixture.

In a saucepan without heat, mix together the sugar, cornstarch and salt. Slowly stir in the milk and turn heat to medium. Cook and stir constantly until mixture thickens, about 12 minutes. When mixture comes to a boil, let boil for one minute while stirring.

Remove from heat and temper the mixture with the eggs: Very slowly pour half of the milk mixture into the eggs, whisking quickly while pouring. Whisk the egg/milk mixture back into the saucepan and return heat to medium. Bring back to a boil and let boil for one minute again, stirring constantly. Turn off heat and stir in vanilla (at this stage it’s vanilla pudding) and then add the chocolate. Mix together well, making sure all the chocolate is incorporated into the pudding.

Pour into serving cups, cover and refrigerate for at least an hour until chilled (or overnight). Garnish with shaved chocolate, mint sprigs and fresh fruit – Optional: fresh whipped cream.

- To prevent a skin from developing on the top of the warm pudding as it cools, place a piece of plastic wrap directly on the top of pudding.
- For mint chocolate pudding, add 1/8 teaspoon mint extract with the chocolate.