

# Kitchen Cheat Sheet: Old Fashioned Banana Pudding



RESTLESSCHIPOTLE.COM | SOUTHERN COMFORT FOOD



## Tips & Ingredient Notes

1. I don't recommend low-fat milk and I've never tried non-dairy milks.
2. Dip bananas in a tiny bit of lemon juice to keep them from turning brown. If you don't like the sour lemon you can dip the slices in 7-Up!
3. For the best result use ripe bananas but not so ripe they're turning into liquid or mushy. They should still be firm. Save the extra ripe ones for Hawaiian banana bread.
4. You can save the egg whites and whip them until stiff peaks form to make meringue for the top or just save them for another use.

## Storage

Cover with greased plastic wrap (greased side down) and refrigerate promptly. It will be fine for up to 4 days or so. The bananas are likely to get brown and watery after the first day or two unless you've dipped them in lemon juice.

## Faqs

### WHY DO MY BANANAS TURN BLACK IN BANANA PUDDING?

Bananas will darken when exposed to air unless they've been dipped in lemon juice.

### WHY IS MY BANANA PUDDING WATERY?

Usually, it's watery because the custard hasn't been allowed to thicken enough when cooking or too much liquid has been used. It may also be watery if it's been in the fridge a few days and the bananas have started to deteriorate.

### IS THIS RECIPE SERVED WARM?

That's up to you! Some people do serve it warm and some prefer it chilled. When chilled it tends to be thicker and when warm it tends to have a thinner texture.

## *Optional Meringue -*

- ¼ teaspoon cream of tartar
- 5 tablespoons sugar
- ½ teaspoon vanilla extract

Beat reserved egg whites in a glass, metal, or ceramic bowl, gradually adding cream of tartar, until soft peaks form. Add sugar and continue beating on high speed until stiff peaks form. Fold in vanilla. Spoon meringue over pudding.

Bake at 375F for 15- 20 minutes, or until meringue is golden brown.