

Silky Creamy Soft Milk Pudding

An improved soft milk pudding featuring a delicate balance of whole eggs and a touch of cream for extra smoothness, cooked gently in a water bath to achieve a velvety creamy texture with a luscious caramel topping.


45 min

Total time

Easy

Difficulty

320

kcal / serving

Ingredients

- 2 large eggs (use 1 whole egg + 1 egg yolk for creaminess)
- 40g sugar
- 1/2 tsp vanilla powder or vanilla extract
- 400ml whole milk
- 30ml heavy cream (optional for extra creaminess)
- Caramel sauce: 60g sugar + 20ml water

Steps

- 1 Preheat milk and cream mixture to 80°C, then remove from heat.
- 2 In a bowl, whisk whole egg and egg yolk with sugar and vanilla until smooth.
- 3 Gradually whisk in the warm milk mixture slowly to temper the eggs.
- 4 Strain the mixture to remove any coagulated bits.
- 5 Pour the mixture into a heat-proof container.
- 6 Place the container in a deep pan and add hot water until it reaches halfway up the container.
- 7 Cover the container with a lid wrapped with a cloth to prevent condensation dripping onto the pudding.
- 8 Heat on strong fire for 3 minutes, then turn off the heat and let it rest in the water bath for 20 minutes.
- 9 Meanwhile, prepare caramel by heating sugar and water until golden brown, then remove from heat.
- 10 Once pudding is set and cooled slightly, pour caramel sauce over the top.
- 11 Refrigerate for 6-8 hours before serving for best texture and flavor.