

Chocolate Pudding

Preparation time **5 minutes**

Cooking time **15-20 minutes**

Servings **6**

Cost per serving **47¢**

Storage **4 days in the fridge**

Kitchen tools **Measuring cups and spoons, medium-size pot, whisk (or fork), small bowl, ladle, 6 small containers, plastic wrap**



Ingredients



80 ml (1/3 cup)
unsweetened cocoa



80 ml (1/3 cup)
all-purpose flour



160 ml (2/3 cup)
sugar



Pinch of
salt



625 ml (2 1/2 cups)
milk



2 **eggs**

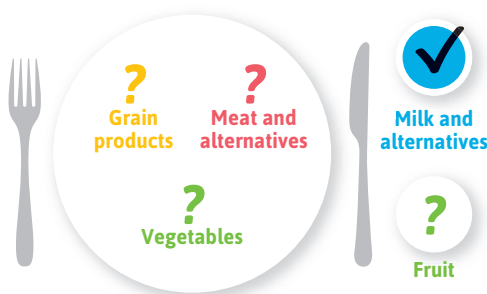


5 ml (1 tsp)
vanilla



30 ml (2 tbsp) **butter** or
non-hydrogenated margarine









Illustrations © Québec Amérique. All rights reserved (ikonet.com)



Balanced plate

A great dip with fresh fruit!

Directions

1	<p>In a medium-size pot, add the cocoa, flour, sugar and salt. Whisk together or mix with a fork.</p>	
2	<p>Add 60 ml (¼ cup) of milk and mix. Stir in another 60 ml (¼ cup) of milk and mix until smooth. Then stir in the remaining milk.</p>	
3	<p>Heat over medium heat for about 5 minutes, stirring constantly with a whisk or a fork. Tip: Don't turn the heat up too high or the chocolate mixture will stick to the bottom of the pot.</p>	
4	<p>In a small bowl, mix the egg and vanilla. Add a ladleful of the warm chocolate mixture, stirring constantly.</p>	
5	<p>Add the egg mixture to the pot and continue cooking over medium heat until the mixture starts to bubble. This is when the pudding should thicken.</p>	
6	<p>Reduce heat to low, add the butter and heat for 2 minutes.</p>	
7	<p>Pour the pudding into 6 small containers. Press a sheet of plastic wrap directly onto the surface of the pudding in each container. Tip: You can also use airtight containers. Covering the pudding prevents skin from forming.</p>	
8	<p>Chill at least 4 hours in the fridge before serving.</p>	

My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition