
Grandma`s Banana Pudding

TigrBtrfly

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Servings: 8

Preparation Time: 25 minutes

Start to Finish Time: 1 hour

1 cup + 5 tablespoons sugar

1/3 cup flour

1/2 teaspoon salt

4 egg yolks

3 cups milk

2 1/2 teaspoons vanilla extract or vanilla bean paste

2 tablespoons butter

6 ounces (about 48) vanilla wafers

4 medium bananas, sliced

4 egg whites

1/4 teaspoon cream of tartar

In a bowl, mix together one cup of sugar, the flour and salt. Whisk the yolks in a heavy saucepan. Add the sugar mixture alternately with the milk and two tablespoons of vanilla, whisking. Bring to a simmer over medium-high heat and cook until slightly thickened, whisking constantly, 4 to 5 minutes. Add the butter. Continue whisking until thickened to a pudding consistency, 1 to 2 minutes. Remove from the heat and let cool for 15 minutes.

Preheat the oven to 375 degrees. Line the bottom of a two-quart oven-safe dish with half of the wafers. Layer half of the banana slices over the wafers. Top with half of the pudding. Repeat with the remaining wafers, bananas and pudding.

In a large metal or ceramic bowl, beat the egg whites with an electric mixer at medium speed, gradually adding the cream of tartar and remaining 1/2 teaspoon of vanilla, until soft peaks form. Gradually add five tablespoons of sugar while beating at high speed until stiff peaks form. Spoon over the pudding and swirl with the back of a spoon.

Bake until the meringue is golden brown, 15 to 20 minutes.

Cool slightly before serving.

Dessert

Per Serving (excluding unknown items): 311 Calories; 10g Fat (27.3% calories from fat); 8g Protein; 51g Carbohydrate; 2g Dietary Fiber; 127mg Cholesterol; 253mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 1/2 Non-Fat Milk; 1 1/2 Fat; 2 Other Carbohydrates.