

Thanksgiving with Tyler Florence – Big Papa’s Banana Pudding

From the “Celebrate the Holidays with Better Homes and Gardens” iPad application



“As kids, my brothers and I used to fight over the last of this addictive pudding, and my kids love it now as much as I did then,” Tyler says. “My dad, Big Papa, serves this dessert weekly when he cooks for his church congregation.”

Prep: 40 min.

Bake: 15 min.

Oven: 350 degrees F

2 cups half-and-half

3/4 cup sugar

1/2 cup all-purpose flour

1/2 tsp. salt

3 egg yolks

2 Tbsp. unsalted butter, at room temperature

2 Tbsp. pure vanilla extract

2 egg whites

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1/4 tsp. cream of tartar
1/2 tsp. pure vanilla extract
1/4 cup powdered sugar
1/2 of 12-oz. box vanilla wafers (about 44)
3 ripe bananas, sliced 1/4-inch thick

1. For the pudding, combine half-and half and sugar in a stainless-steel bowl or top of a double boiler set over simmering water. Whisk in flour and salt until combined, about 2 minutes; remove from heat. Place egg yolks in a separate bowl. Gradually add half of the hot cream mixture, stirring constantly to temper the eggs. Whisk egg mixture into remaining hot cream and place back over the simmering water. Cook, whisking constantly, until mixture has thickened to the consistency of pudding, about 10 minutes. Remove from heat. Stir in butter and vanilla; set aside.

2. Preheat oven to 350 degrees F. For the meringue, beat egg whites in a bowl with an electric mixer for 1 minute. Add the cream of tartar, vanilla, and powdered sugar. Beat on medium-high speed until the whites form stiff peaks.

3. To assemble, cover the bottom of a 2-quart square baking dish with half of the vanilla wafers. Top with half of the banana slices and half of the pudding. Make a second layer, ending with pudding. With a spatula, spread meringue over entire banana pudding, forming attractive peaks. Place dish in the oven and bake for 15 minutes or until mixture is golden brown on top. Makes 8 to 10 servings.

*For individual servings, layer pudding and wafers in serving dishes. Prepare meringue using pasteurized egg whites. Dollop on servings. Brown meringue with a creme brulee torch using a back and forth motion.

Each serving: 394 cal, 16 g fat, 109 mg chol, 253 mg sodium, 57 g carbo, 2 g fiber, 6 g pro.

Big Papa’s Banana Pudding, Fall Salad, and Homemade Chocolate Tart recipes reprinted from Tyler Florence Family Meal © 2010 by Tyler Florence. Permission granted by Rodale, Inc. Available wherever books are sold.