

## KID'S KITCHEN:

# Rainbow Pudding

By Katie Goodman

➔ Many pudding recipes contain multiple egg yolks, which give vanilla pudding a yellow tint. In this recipe, I've opted to use fewer egg yolks than a typical recipe so that it's easy to tint with food coloring, for a fun rainbow dessert for kids.



### Ingredients

- ¾ cup sugar
- ⅓ cup cornstarch
- ¼ tsp salt
- 1 cup 2% milk
- 2 cups whole milk
- 1 whole egg, plus 3 egg whites
- 2 tbsp unsalted butter
- 1½ tsp vanilla extract (clear if you can) or 1 vanilla bean
- Gel food coloring (such as AmeriColor) in red, orange, yellow, green, blue, and purple

### Supplies

- Saucepan
- Whisk
- 6 small mixing bowls
- Clear bowls, small juice glasses (clear), or tall shot glasses
- 6 disposable pastry bags

**Notes:** If possible, use gel food coloring instead of the traditional food coloring found in grocery stores. Gel food coloring produces vibrant color results with just a small amount of dye.

If you prefer more yolks in your pudding, try this simple substitution: 3 whole eggs in place of the egg-and-egg-white combination in this recipe. Additionally, decrease the amount of cornstarch to ¼ cup plus 1½ tsp.

### Directions

#### CLASSIC VANILLA PUDDING

**Step 1:** Add the sugar, cornstarch, and salt to a medium saucepan (preferably stainless steel). Whisk the ingredients to combine, then add ½ cup of the 2% milk to the sugar mixture. Using a wooden spoon, stir until combined and thick.

**Step 2:** Whisk in the remaining milk (2% and whole), cooking over low heat. Stir constantly with a wooden spoon for about 15 minutes. Do not let the mixture boil.

**Step 3:** In a medium bowl, whisk the two eggs until gently beaten. Slowly add about 1 cup of the hot milk mixture to the eggs, whisking as you pour. Then pour the milk/egg mixture into the saucepan with the remaining hot milk mixture.

**Step 4:** Cook over low heat for an additional 5 minutes — do not boil. Remove from heat; stir in the butter and vanilla (or vanilla bean).

#### RAINBOW PUDDING

**Step 1:** Add the pudding to a medium bowl and cover with plastic wrap, pressing the plastic against the surface of the pudding until airtight. This will prevent a skin from forming. Refrigerate until well chilled, about 1 hour.

**Step 2:** Divide the cooled pudding evenly into 6 medium mixing bowls. Add food coloring to each bowl, corresponding with each color of the rainbow. Stir; add more food coloring (if desired) until desired color is reached.

**Step 3:** Divide the colored pudding into 6 pastry bags. Alternatively, you can just spoon the colors into bowls, but that can be a bit messier. Snip the end of the red pastry bag off so that there is about a ½" diameter hole. Pipe the red pudding into each bowl. Repeat with remaining colors.