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QUEEN OF PUDDINGS

Queen of Puddings is a traditional dessert consisting of a baked bread and custard base spread with jam and topped with meringue.

Serves 4

Per serving: 289 calories, 3g fat

Cook time 30 mins

INGREDIENTS

300ml skimmed milk
1 tsp vanilla extract
2 egg yolks
115g caster sugar
75g fresh white breadcrumbs
4 tablespoons dark plum jam
3 egg whites

METHOD

1. Preheat the oven to 180°C, 350°F, Gas Mark 4
2. Heat the milk and vanilla extract in a small saucepan until just boiling.
3. Beat the egg yolks with half the caster sugar, then pour the milk over, whisking to combine.
4. Divide the breadcrumbs between 4 individual ramekin dishes and pour the custard mixture over the breadcrumbs. Transfer to the oven and bake for 20 minutes until set.
5. Remove from the oven and spread with the jam.
6. Whisk the egg whites to stiff peaks, then continue whisking as you add the remaining sugar very slowly, a teaspoon at a time. Place the mixture in a piping bag with a star nozzle and pipe the mixture over the jam to form a pyramid shape
7. Return the puddings to the oven for 10 minutes to allow the meringue to crisp.
8. Serve hot or cold with low-fat live Greek yogurt.

