

Bittersweet Chocolate Pudding

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Estimated Total Time: 25 minutes

INGREDIENTS

3-1/2 C skim milk, divided
1 C Dutch process or unsweetened cocoa
3 TBS cornstarch
1/4 tsp salt
1 C sugar
1 large egg, lightly beaten
1 large egg yolk, lightly beaten
2 oz bittersweet chocolate, coarsely chopped
1 TBS vanilla extract

INSTRUCTIONS

Combine 1 C milk, cocoa, cornstarch and salt in large bowl - whisk well – set aside. Cook 2-1/2 C milk in large, heavy saucepan over medium-high heat to 180° or till tiny bubbles form around edge (do not boil). Remove from heat; stir in sugar with whisk till sugar dissolves. Add cocoa mixture to pan, stirring till blended. Bring to boil over medium heat; cook 2 minutes, stirring constantly. Combine egg and egg yolk in bowl, stirring well with whisk. Gradually add milk mixture to egg mixture, stirring constantly. Return mixture to pan. Cook over medium heat till thick (about 2 minutes); stir constantly. Remove from heat. Stir in chocolate and vanilla; stir till chocolate melts. Serve warm or chilled.

YIELD: 8 servings (serving size: 1/2 C).

NUTRITIONAL INFO: calories: 249 carbohydrates: 43 g cholesterol: 57 mg fat: 5.1 g sodium: 144 mg protein: 8.3 g calcium: 157 mg iron: 2.3 mg fiber: 0 g