

# Milk Egg Pudding

## Ingredients

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1 c Whole Milk  
3/4 c Light Cream  
1/4 c Sugar  
2 Egg Whites  
1/4 t Vanilla Extract

## Instructions

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1. Prepare a steamer with water and bring it to a boil. Meanwhile, add the milk, cream, and sugar to a small saucepan and place over low heat. Heat the mixture until it's warm to the touch, but not hot, stirring to dissolve the sugar completely.
2. Thoroughly beat the egg whites in a large mixing bowl, and then slowly stir in the milk mixture and the vanilla extract. Mix everything well.
3. Strain the liquid through a fine mesh strainer, and then pour into three separate heatproof serving bowls (they should be about 3-4 inches in diameter). Cover each serving bowl with foil. Then carefully place them in the steamer once the water is boiling.
4. Steam for 8 to 10 minutes (steaming time will depend on the size of your serving bowls. If

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theyâ€™re wider and shallower, and the pudding is more spread out, steam for 8 minutes. If theyâ€™re smaller, steam a bit longer). Turn off the heat and let the puddings sit in the steamer for 10 minutes before opening the lid. Serve warm or chilled with your favorite toppings.