

Japanese Milk Pudding

Ingredients

- 2 c Whole Milk (500 mL)
- 1/4 c Heavy Cream (50 mL)
- 3 T Sugar
- 1/2 t Vanilla Extract
- 2 1/2 t Gelatin Powder (1 envelope)

Instructions

1. Add milk, cream, sugar, vanilla to a large pot. Sprinkle gelatin over top and let it sit for 10 minutes. Stir with a whisk until gelatin is almost dissolved.
2. Warm pudding mixture over low heat on the stove. You do not want it to simmer or come to a boil. While the mixture is heating up, continue to stir with whisk until gelatin and sugar are completely dissolved. This should only take 1-2 minutes once the mixture begins to heat up. Once dissolved, remove from heat.
3. Pour pudding into small bowls/jars or similar containers. You should have about 20 ounces of pudding mixture.
4. Place pudding containers into fridge to set. This will take about 4-6 hours. Once set, they can

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be eaten as is.

5. You can also decorate the tops with fruit or syrup before eating. You may take them out of the fridge 15-20 minutes before eating, which will yield a softer pudding. It can be eaten straight out of the fridge but the texture will be more firm.