

Taste of Home



Southern Banana Pudding

TOTAL TIME: Prep: 30 min. Bake: 15 min. + chilling

YIELD: 8 servings.

This old southern banana pudding recipe features a comforting custard layered with sliced bananas and vanilla wafers, then topped with meringue. I serve it year-round. —Jan Campbell, Hattiesburg, Mississippi

Ingredients

3/4 cup sugar

1/3 cup all-purpose flour

2 cups 2% milk

2 large egg yolks, lightly beaten

1 tablespoon butter

1 teaspoon vanilla extract

36 vanilla wafers

3 medium ripe bananas, cut into 1/4-inch slices

MERINGUE:

2 large egg whites, room temperature

1 teaspoon vanilla extract

1/8 teaspoon cream of tartar

3 tablespoons sugar

Directions

1. Preheat oven to 350°. In a large saucepan, combine sugar and flour. Stir in milk until smooth. Cook and stir over medium-high heat until thickened and bubbly. Reduce heat; cook and stir 2 minutes longer.
2. Remove from the heat. Stir a small amount of hot milk mixture into egg yolks; return all to pan, stirring constantly. Bring to a gentle boil; cook and stir 2 minutes longer. Remove from heat; gently stir in butter and vanilla.
3. In an ungreased 8-in. square baking dish, layer a third of the vanilla wafers, bananas and filling. Repeat layers twice.
4. For meringue, beat egg whites, vanilla and cream of tartar on medium speed until soft peaks form. Gradually beat in sugar, 1 tablespoon at a time, on high until stiff peaks form. Spread evenly over hot filling, sealing edges to sides of dish. Bake until meringue is golden, 12-15 minutes. Cool on a wire rack 1 hour. Refrigerate at least 3 hours before serving. Refrigerate leftovers.

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