

# My Recipe Obsession

## Nain's Lemon Pudding

- *Serves:* 6
- *Hands-on Time:* 20 minutes
- *Baking and Cooling:* 1 hour 45 minutes

### Ingredients:

- 4 large eggs, separated
- ¼ c butter or bacel margarine, softened
- 1 ½ c granulated sugar
- ¼ c all-purpose flour
- 2c milk
- Grated zest of one lemon
- ½ c lemon juice



### Steps:

1. Preheat the oven to 350F. Lightly grease a deep, 1 ½ quart casserole or soufflé dish. Set aside.
2. Separate the eggs, placing the whites in a large metal or glass bowl and the yolks in a small bowl. Set aside.
3. Beat the butter and sugar together until well blended and fluffy – about 3 minutes.
4. Beat the 4 egg yolks into the butter/sugar mixture.
5. Blend in the flour and the milk.
6. Stir in the lemon zest and juice.
7. With clean beaters or a metal whisk, beat egg whites until they form soft peaks. Carefully fold the whites into the lemon mixture.
8. Gently pour the pudding into the prepared baking dish.
9. Place a water tight pan on the middle rack of the oven. The pan should be big enough to hold the baking dish with the pudding. Place the baking dish in the pan and then pour one inch (2 ½ cm) of boiling water into the pan, being careful not to get any into the pudding.
10. Bake for 1 hour and 15 minutes or until the top is golden brown and a thin knife inserted in the centre comes out clean. Let sit for at least 30 minutes before serving. The pudding can also be easily reheated by placing it in a low oven while dinner is being eaten if it has cooled completely and you want to serve it warm. If I've had the oven on for the main course, I just place the pudding in the turned off oven while we eat. No need for the water bath at this point.