

Homemade Banana Foster Pudding Recipe (From Scratch with Real Custard)

Description

Meta Description: Make authentic Banana Foster Pudding from scratch! This homemade custard-based recipe features creamy banana pudding topped with caramelized bananas. Easy step-by-step guide with pro tips.

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Focus Keywords: Banana Foster Pudding, homemade banana pudding, banana custard pudding, from scratch pudding recipe

What is Homemade Banana Foster Pudding?

Homemade Banana Foster Pudding is a **luxurious custard-based dessert** that combines **creamy banana pudding made from scratch** with a decadent **caramelized banana foster topping**. Unlike instant pudding versions, this authentic recipe uses **real egg yolks**, **fresh bananas**, **and whole milk** to create a silky, restaurant-quality custard thatâ??s topped with buttery, sugar-glazed bananas.

This French-inspired New Orleans dessert delivers the perfect balance of rich vanilla custard and warm caramel flavorsâ??all made completely from scratch in your own kitchen.

Why This Recipe is Special

- â? Real custard base (no boxed pudding mix)
- â? Fresh banana flavor throughout
- a? Classic Bananas Foster topping with caramelized sugar
- a? Individual servings perfect for entertaining
- **â?** Gluten-free naturally
- a? Impressive yet achievable for home cooks

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Ingredients for Banana Foster Pudding

For the Banana Pudding (Custard Base):

- 6 Egg Yolks (large eggs, room temperature)
- 125 g Sugar (about â ? cup granulated white sugar)
- 1 teaspoon Vanilla Extract (pure vanilla recommended)
- 2 Ripe Bananas (medium-sized, spotty yellow)
- 1 liter Milk (whole milk for richest flavor, about 4½ cups)
- 3 tablespoons Cornstarch (cornflour)
- 20 ml Milk (for dissolving cornstarch, about 1½ tablespoons)

For the Bananas Foster Topping:

- 10 g Butter (5
 50 g Sugar (granulated, about 7...
 1 Banana (firm but ripe, sliced)

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Optional Garnishes:

- Whipped cream
- Crushed vanilla wafers
- Toasted pecans
- Cinnamon dusting
- Fresh mint leaves

Yield: 4 generous dessert servings

Prep Time: 15 minutes Cook Time: 15 minutes Chill Time: 3 hours

Total Time: 3 hours 30 minutes

How to Make Banana Foster Pudding From Scratch

Step 1: Prepare the Egg Yolk Base

- 1. Separate the eggs: Carefully separate 6 egg yolks from the whites. Place yolks in a large **mixing bowl**. (Save egg whites for meringues or other recipes!)
- 2. Add sugar and vanilla: Add 125g sugar and 1 teaspoon vanilla extract to the egg yolks.
- 3. Whisk until combined: Whisk vigorously for 2-3 minutes until the mixture becomes pale yellow and slightly thick. This aerates the yolks and dissolves the sugar.

Pro Tip: Room temperature egg yolks whisk more easily and create a smoother custard.

Step 2: Add Mashed Bananas

- 4. **Mash the bananas:** In a **medium bowl**, place 2 ripe bananas and mash thoroughly with a fork until **mostly smooth** with just a few small chunks.
- 5. **Combine with egg mixture:** Add the mashed bananas to the egg yolk mixture and **mix well** until fully incorporated. The mixture should be smooth and fragrant.

Why this works: Mashing bananas directly into the custard infuses maximum banana flavor throughout the pudding.

Step 3: Add Milk

- 6. **Pour in the milk:** Gradually pour **1 liter of milk** over the egg yolk-banana mixture while whisking continuously.
- 7. Whisk thoroughly: Mix well to ensure everything is completely combined with no lumps.

Temperature tip: Using cold milk is fine; the mixture will heat gradually during cooking.

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Step 4: Prepare Cornstarch Slurry

- 8. Make the slurry: In a small bowl, place 3 tablespoons cornstarch and add 20ml milk.
- 9. **Mix until dissolved:** Stir vigorously until the cornstarch **completely dissolves** with no lumps remaining. The mixture should look like white liquid, not pasty.
- 10. **Add to pudding base:** Pour the cornstarch slurry into the bowl with the egg-milk-banana mixture and **whisk well** to combine.

Why cornstarch? It acts as a thickening agent, giving the pudding its perfect creamy consistency without being gelatinous.

Step 5: Cook the Custard

- 11. Transfer to saucepan: Pour the entire mixture into a medium-large saucepan.
- 12. **Cook over low heat:** Place on the stove over **low to medium-low heat**. This is crucialâ??too high heat will scramble the eggs!
- 13. **Stir constantly:** Using a **whisk**, stir continuously in a figure-8 pattern, making sure to reach all corners of the pan to prevent sticking and burning.
- 14. **Watch for thickening:** Continue cooking for approximately **10 minutes** or until the mixture noticeably thickens and coats the back of a spoon.
- 15. **Temperature check:** The pudding should reach about **170-175°F (77-80°C)**â??thick enough to coat a spoon but still pourable.

Critical tip: Never stop stirring! Constant movement prevents curdling and ensures silky-smooth pudding.

Step 6: Set the Pudding

 Pour into glasses: Carefully divide the hot pudding among 4 dessert glasses, parfait cups, or ramekins.

- 17. Let cool: Allow pudding to cool to room temperature (about 30-45 minutes). To prevent skin formation, you can place plastic wrap directly on the surface.
- 18. **Refrigerate:** Transfer to the refrigerator to **set for at least 3 hours** or overnight for best texture.

Step 7: Make Bananas Foster Topping

Prepare this just before serving for best results:

- 19. **Melt butter:** Add **10g butter** to a **small pan** or skillet over medium heat. Let it melt completely.
- 20. Add sugar: Sprinkle 50g sugar evenly over the melted butter.
- 21. Make caramel: Stir constantly and cook for 2-3 minutes until the sugar melts and turns into a golden caramel sauce. Watch carefully to prevent burning!
- 22. Slice banana: Cut 1 banana into ¼-inch thick rounds or diagonal slices.
- 23. Coat with caramel: Add banana slices to the caramel and toss gently until each piece is completely coated. Cook for 1-2 minutes until bananas are warmed through and slightly softened.

Safety note: Caramel gets extremely hot! Handle with care and keep children away from the stove.

Step 8: Assemble and Serve

- Watern 24. Top the puddings: Remove chilled pudding glasses from refrigerator and spoon the warm Bananas Foster over the top of each serving.
- 25. Garnish (optional): Add whipped cream, a sprinkle of cinnamon, or crushed cookies if desired.
- 26. Serve immediately: The contrast of cold creamy pudding with warm caramelized bananas is absolutely divine!

Expert Tips for Perfect Banana Foster Pudding

For the Best Custard Texture

- â? Use fresh eggs: Older eggs donâ??t whisk as well and may have thinner yolks
- a? Constant stirring is essential: This prevents lumps and curdling
- â? Low and slow heat: Patience prevents scrambled eggs
- â? Strain if needed: If you see any lumps, pour through a fine-mesh sieve
- a? Dona??t rush the cooling: Proper chilling ensures the pudding sets correctly

Choosing the Right Bananas

ŏ?•? For the pudding base: Use very ripe bananas with brown spotsâ??theyâ??re sweeter and mash easily

ŏ?•? For the topping: Use just-ripe bananas that are yellow with minimal browningâ??they hold their shape when caramelized

ð?•? Avoid: Green or overly mushy bananas

Caramel Success Tips

- Watch the heat: Medium heat is ideal; too hot burns the sugar
- Stir constantly: Prevent crystallization and burning
- Use a light-colored pan: Easier to see the caramel color developing
- Have bananas ready: Once caramel is done, add bananas immediately
- Donâ??t add water: This recipe creates a thick caramel coating, not a sauce

Make-Ahead Instructions

Pudding base:

- Make up to 2 days ahead
- Keep covered in refrigerator
- Press plastic wrap directly on surface to prevent skin

Bananas Foster topping:

- Make fresh just before serving (5 minutes)
- Can be prepared 30 minutes ahead and gently rewarmed
- Donâ??t make more than a few hours aheadâ??bananas will brown termark

Variations and Customizations

Flavor Enhancements

Add to custard base:

- 1 teaspoon cinnamon for warm spice
- ¼ teaspoon nutmeg for depth
- 1 tablespoon dark rum extract for authentic Bananas Foster flavor
- 1 teaspoon banana extract for intensified banana taste

Upgrade the topping:

- Add 1 tablespoon dark rum to caramel (remove from heat first!)
- Sprinkle cinnamon over caramelized bananas
- Add 2 tablespoons chopped pecans to caramel
- Use brown sugar instead of white for deeper molasses notes

Dietary Modifications

Dairy-free Banana Foster Pudding:

- Replace milk with coconut milk (full-fat for creaminess)
- Use vegan butter for topping
- · Results in slightly lighter texture but still delicious

Lower Sugar Version:

- Reduce sugar in custard to 100g
- Use coconut sugar in topping for lower glycemic index
- Rely on banana sweetness

Extra Rich Version:

- Replace ½ of milk with heavy cream
- Add 1 additional egg yolk
- Use brown butter in topping

Presentation Ideas

Individual Parfaits:

- Layer pudding with crushed vanilla wafers
- Layer pugg.
 Alternate layers of pugging
 Top with Bananas Foster

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Trifle Style:

- · Layer pudding, cookies, whipped cream
- Top entire dish with Bananas Foster

Elegant Plating:

- Serve in vintage teacups or coupe glasses
- · Garnish with mint leaf
- Add a cinnamon stick for stirring

Frequently Asked Questions (FAQ)

Can I use instant pudding instead of making custard?

While you can use instant pudding for convenience, homemade custard offers superior flavor, silkier texture, and authentic taste. The from-scratch version is worth the extra 15 minutes!

Why is my pudding lumpy?

Lumps occur from:

- Not whisking cornstarch thoroughly before adding
- Cooking over too-high heat (scrambles eggs)
- · Insufficient stirring while cooking

Solution: Strain through a fine-mesh sieve before pouring into glasses.

How do I prevent skin from forming on pudding?

Press **plastic wrap directly** onto the pudding surface while cooling. This creates a barrier preventing skin formation. Remove wrap before adding topping.

Can I make this without eggs?

Egg yolks are essential for authentic custard texture. For egg-free version, use:

- 2 boxes instant pudding with milk
- Add mashed bananas for flavor
- Wonâ??t have the same luxurious custard texture

How long does homemade Banana Foster Pudding last?

Pudding base: 3-4 days refrigerated

With topping: Best eaten same day (bananas oxidize and brown) **Recommendation:** Make pudding ahead, add topping fresh

My caramel crystallizedâ??what happened? mark

Crystallization occurs when:

- Sugar touches pan sides and burns
- Stirred too vigorously early in cooking
- Water or moisture gets into sugar

Prevention: Use clean pan, medium heat, gentle stirring.

Can I freeze Banana Foster Pudding?

Not recommended. Custard-based puddings become watery and grainy when frozen, and bananas turn brown and mushy. This dessert is best enjoyed fresh or refrigerated.

What can I do with leftover egg whites?

Save for:

- Meringues or pavlova
- Angel food cake
- Macarons
- Egg white omelet
- Freeze in ice cube trays for future use

Is this pudding gluten-free?

Yes! This recipe is naturally gluten-free as it contains no wheat, flour, or gluten-containing ingredients. Perfect for gluten-sensitive guests.

Can I make this pudding vegan?

Challenging due to egg yolks, but possible:

- Use cornstarch + plant milk thickened pudding
- Add banana flavor throughout
- Use **vegan butter** for topping
- Texture will be different from custard

Nutritional Information

Per Serving (1 of 4 servings):

• Calories: 380 • Total Fat: 10g

default watermark Saturated Fat: 4g • Cholesterol: 285mg

• Sodium: 95mg

• Total Carbohydrates: 65g

o Dietary Fiber: 2g Sugars: 52g

• Protein: 10g

• Calcium: 25% DV • Vitamin D: 15% DV

Category

1. Grandma Recipes

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