

Chamomile Pudding

PREP TIME: 10 minutes

COOK TIME: 15 minutes

2 C whole milk

2 T loose leaf chamomile tea

1/2 C granulated sugar

1/4 C cornstarch

CHILL TIME: 2 hours

TOTAL TIME: 2 hours 25 minutes

1/4 t salt

2 lg egg yolks

1 t vanilla extract

1 T unsalted butter

INFUSE THE MILK WITH CHAMOMILE: In a small saucepan, heat the milk over medium heat until it just begins to simmer. Remove from heat and add the loose-leaf chamomile tea. Cover and let it steep for 10 minutes. Strain the milk to remove the tea leaves and set aside.

PREPARE THE PUDDING BASE: In a medium saucepan, whisk together the sugar, cornstarch, and salt. Gradually whisk in the chamomile-infused milk until smooth. Add the egg yolks and whisk until well combined.

COOK THE PUDDING: Place the saucepan over medium heat and cook, stirring constantly, until the mixture thickens and comes to a boil. Continue to cook for 1-2 minutes, then remove from heat. Stir in the vanilla extract and butter until smooth.

CHILL THE PUDDING: Pour the pudding into individual serving dishes or a large bowl. Cover with plastic wrap, pressing it directly onto the surface of the pudding to prevent skin from forming. Refrigerate for at least 2 hours, or until fully chilled.