



Norwegian 'Cornstarch' Pudding

My mother made this custard for quick desserts. She called it 'cornstarch pudding'. Although this recipe originated in Norway, I've seen similar custards from Sweden and Mexico flavored with almond extract rather than vanilla.

A heavy non-stick pan or double-boiler is a must. The custard mixture thickens rapidly so constant stirring is necessary. It will keep for a day or two in the refrigerator.

Norwegian custard is best served warm and topped with either **sliced bananas** or **shredded coconut**. Sprinkle with **cinnamon** for both flavor and color.

Takes about 10-15 minutes. Makes 4-5 servings.

SHOPPING LIST:

- Eggs
- Whole milk
- Sugar
- Corn or potato starch
- Vanilla extract

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- 1 In medium bowl, whisk until smooth • 2 large **eggs**
 - 2 Stir in and combine thoroughly • 2 cups (16 oz) **whole milk**
 - 1/4 cup (2 oz) **sugar**
 - 3 tablespoons **starch**
 - 1-1/2 tsp **vanilla extract**
 - 1/4 tsp **salt**
 - 3 Pour mixture into non-stick saucepan. Bring to near-boil over low heat while stirring constantly until custard thickens to a soft dropping consistency, enough to coat the back of a wooden spoon (custard will continue to thicken after pouring into bowls).
 - 4 Pour or spoon custard into individual dessert bowls; cover with wax paper or plastic wrap to prevent 'skin' from forming on the custard.
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