



Cantonese Milk Pudding

Ingredients:

- 1 cup whole milk
- 3 tablespoons sugar
- 2 large egg whites
- 3 drops vanilla extract
- Pinch of salt
- Desired toppings: granola, fresh fruit, etc.

Instructions:

1. Prepare a steamer with water and bring it to a boil.
2. Add sugar to egg whites and thoroughly beat the egg whites in a large mixing bowl, ensuring sugar is fully dissolved.
3. Slowly stir in the milk mixture and the vanilla extract. Mix to combine
4. Strain the liquid through a fine mesh strainer, making sure to eliminate all bubbles and pour into three separate heatproof serving bowls (3-4 inches in diameter).
5. Cover each serving bowl with foil. Then carefully place them in the steamer once the water is boiling. Steam for 7-10 minutes (steaming time will depend on the size of your serving bowls. If they're wider and shallower, and the pudding is more spread out, steam for minutes. If they're smaller, steam a bit longer). Turn off the heat and let the puddings sit for 10 minutes before serving.
6. Serve warm or chilled with your favorite toppings

Prep Time: 5 minutes

Cooking Time: 15 minutes

Equipment:

- Steamer
- Mixing Bowl
- Measuring Cups/Spoons
- Mesh
- Ramikan or shallow bowl

Servings: 3

Serving Size: $\frac{1}{3}$ cup



Nutrition Information: 116kcal, 2.6g fat, 16.8g carbs, 4.9g protein, 72mg sodium

Thank You to ASUA, SHAC, UA Campus Health, and UA Campus Pantry