

Banana Pudding

pudding

¼ cup sugar

2 tbsp flour

½ tsp nutmeg

¼ tsp salt

1 whole egg

2 egg yolks

1-½ cups milk

1-½ tsp vanilla

½ tsp nutmeg

1 lemon's zest

4 oz vanilla wafers

3-4 sliced bananas

Meringue

2 egg whites

⅛ tsp salt

¼ cup sugar

¼ tsp vanilla

Whisk sugar, flour, nutmeg, and ¼ tsp salt. Whisk in whole egg, egg yolks, and ¼ cup milk until smooth. Heat remaining milk to 165° and whisk slowly in. Cook over low heat, whisking constantly, until mixture coats a heavy spoon, about 165°. Remove from heat and whisk in 1-½ tsp vanilla, nutmeg, and lemon zest.

Arrange wafers and bananas in layers in a buttered 1-½-quart casserole, with wafers on the bottom and bananas on top. Pour custard over the layers.

Beat the egg whites and ⅛ tsp salt until soft peaks form. Beat in ¼ cup sugar a tablespoon at a time. Continue beating until stiff peaks form. Beat in ¼ tsp vanilla. Spread meringue over pudding. Bake at 325° until browned, about 15 minutes.

Adapted from the *Spice Cook Book* (1964).