

SouthernStyle Baked Banana Pudding

Oscar · 28/09/2024



Prep Time

45 mins

Difficult

Medium

Servings

8

Description

You'll love this baked banana pudding especially if you like banana cream pie. Not only is there no pie crust to mess with but I think the vanilla wafer cookies pair even more perfectly with the fruit and custardy pudding. We want the bananas to match the texture of the custard-soaked cookies so make sure you buy them a week beforehand. Other than that, not much can go wrong with this simple Southern classic.

Ingredients

- 4 large eggs - ½ cup white sugar - ¼ teaspoon salt - ¾ cup all-purpose flour - 1 tablespoon all-purpose flour - 2 cups milk - 1 tablespoon banana liqueur (Optional) - ½ teaspoon vanilla extract - 1 tablespoon cold butter - 3 very ripe bananas
- or more to taste
- sliced - 1 ½ teaspoons freshly squeezed lemon juice - 1 (12 ounce) package miniature vanilla wafers - ½ teaspoon cream of tartar - 2 tablespoons white sugar

Instructions

1. Separate eggs
2. placing the whites in the bowl of a stand mixer and the yolks into a saucepan. Prepare the custard: Add sugar
3. salt
4. and 1/3 cup plus 1 tablespoon flour to the yolks. Splash in about 1/4 of the milk and start blending mixture with a whisk. Pour in remaining milk and whisk until smooth. Cook and stir mixture over medium heat until hot to the touch
5. occasionally dipping your finger in to test. Whisk constantly until custard is thick enough to form ribbons. Remove custard from heat and add banana liqueur
6. vanilla
7. then cold butter. Whisk until butter dissolves. Set custard aside. Preheat the oven to 400 degrees F (200 degrees C). Begin to assemble the pudding: Toss banana slices with lemon juice. Spread 1/4 of the custard over the bottom of a baking dish. Add a single layer of vanilla wafers. Cover with 1/2 of the bananas and spread 1/2 of the remaining custard on top. Add another layer of vanilla wafers
8. using slightly fewer this time. Top with remaining bananas and custard. Smooth the top and tap dish against the counter to settle the pudding. Make the meringue topping: Add cream of tartar to the egg whites. Beat using the whisk attachment until foamy. Gradually add sugar and beat until stiff
9. but not dry
10. peaks form. Spread meringue over the pudding using a soft spatula
11. creating ridges for contrast. Bake in the preheated oven until meringue is nicely browned
12. 7 to 10 minutes. Serve warm or chilled. Chef's Notes For the traditional look
13. bake this in a clear oven-safe glass dish. I think this is best served cold
14. but suit yourself! This recipe is adapted from Alton Brown's famous version.