

# Bananas Foster Banana Pudding

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## Ingredients

Yield: 12 to 14 Servings

## Pudding

5 Cups Whole Milk  
2 Cups Heavy Cream or Heavy “Whipping” Cream  
8 Egg Yolks  
1 Cup Granulated Sugar  
½ Cup Cornstarch  
¾ Teaspoon Kosher Salt  
1½ Tablespoons Pure Vanilla Extract

2 to 3 Packages Pepperidge Farm Chessman Cookies or 2 Boxes Vanilla Wafers (Nabisco “Nilla” Wafers)  
10 to 12 Bananas

## Foster Sauce

6 Tablespoons Unsalted Butter  
1 Cup plus 2 Tablespoons Light Brown Sugar, packed  
½ Cup Dark Rum  
¾ Teaspoon Ground Cinnamon  
1 Teaspoon Pure Vanilla Extract

## Directions

Add the whole milk and heavy cream to a large stainless steel skillet over medium heat. Allow the milk to simmer while prepping the egg mixture, about 5 to 10 minutes.

Next, combine the egg yolks, sugar, cornstarch, and salt into a large bowl. Whisk until smooth and combined. Pour half of the simmering milk into a pitcher. (**Note:** This next step is critical. You’re going to be tempering the eggs in the mixture meaning slowly bringing the eggs up to temperature without cooking them in the bowl.) Slowly drizzle the hot milk into the egg mixture **while quickly whisking**. Once combined, whisk the egg mixture back into the simmering milk.

The skillet should still be over medium heat. Allow the pudding to come up to a boil. Once it starts to boil, whisk to keep it smooth during the cooking process. Whisk continuously for the first 2 minutes. After that, whisk for 5 to 8 minutes more. The rhythm can be, whisk for 30 seconds and stop for 10 seconds. The pudding will thicken as time goes on.

Once done, pour the pudding into a large bowl. Let the pudding cool for about 10 minutes before covering with saran. When covering with the saran, place it directly on top of the pudding to prevent it from forming a skin on top. Continue to cool it on the counter for another 15 minutes or so. Refrigerate for 6 to 8 hours. After refrigeration, whisk (or use a hand mixer) to blend the pudding one final time until smooth.

### **Just Before Assembling and/or Layering Make the Foster Sauce**

Melt the butter in a 10 inch skillet over medium heat. (**Note:** Only use a wooden spoon or a heat resistant silicone spatula for this task.) Add the brown sugar, cinnamon, and vanilla. Stir until the sugar dissolves, about 2 minutes. **TURN OFF THE HEAT** and then stir in the rum. Stand back, lightly wave a fire stick lighter over the skillet to flame the sauce. Shake the pan back and forth until the flame dies down completely. Stir the sauce and pour it into a bowl to slightly cool. (**Note:** Just let the sauce cool on the counter while you prep the other ingredients such as whisking the pudding and slicing the bananas. If the sauce cools for too long it will begin to crystallize slightly. Don't panic, just put it in the microwave for about 10 to 15 seconds just until the sauce is smooth again.)

Reserve about 3 Tablespoons of sauce for the topping. In a large bowl, toss all of the sliced bananas in the remaining sauce until well coated.

### **Assembling/Layering**

In a trifle dish, place a layer of cookies on the bottom, add 1/3 of the pudding followed by half of the Bananas Foster, and place more cookies on top of the bananas and along the side of the dish where they can be seen through the glass. Repeat until you reach the top of the trifle dish. Top with whip cream and the reserved Foster sauce.

In a 9 x 13 dish, or slightly larger dish, place a layer of cookies, half of the Foster Bananas, half of the pudding and repeat the layering.

Serve immediately or place under refrigeration until ready to serve.