**MY CULTURAL HERITAGE: FAMILY AND TRADITIONAL RECIPES**

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| **Name of the recipe:** | Pudding |
| **Author:** | Jéssica Peneda |
| **Origin:** | City- Porto  Country – Portugal |
| **Characteristics:** | It´s very delicious and easy to do and it doesn´t take long to prepare. |
| **Who created it?** | Susana Barbosa (my mother) |
| **Why is it special?** | It is special to me because it is the only pudding I like and my mother rarely makes it. |
| **When do I eat it?** | When we celebrate some important party or occasion. |
| **Ingredients:** | **6 whole eggs**  **2 cups of sugar**  **2 cups of milk**  **1 tablespoon of maize**  **Half lemon juice** |
| **Preparation:** | 1. **In a bowl, add all the ingredients: eggs, sugar, milk, maize and the lemon juice, and stir them all together .** 2. Beat it all vigorously until the mixture is light and fluffy and you see **foam and bubbles arise.** 3. **Pour the mix into a springform pan (or other baking dish) and prepare it to cook for 45 minutes in a water bath (Bain-marie).** 4. **Let it cool. When very cold, put a plate over it and turn it upside down to get it out of the pan.**   **Note: A water bath consists of placing a pan of hot water placed in the oven, so you will need a baking tray that is large enough to hold a springform pan (or other baking dish), and is also large enough to allow for water to surround it.** |
| **Servings:** | Serves 5 adults . |
| **Cooking time:** | 55 minutes |
| **Picture:** | Receita de Pudim de Iogurte tradicional |