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

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| **Name of the recipe:** | Pudding  |
| **Author:** | Jéssica Peneda |
| **Origin:** | City- PortoCountry – 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 |