

ORGANIC VANILLA AND CINNAMON PUDDING



Yields: 4 servings

INGREDIENTS

2 cups	1% or 2% BC Milk	500 ml
¼ cup	BC Whipping Cream	60 ml
¾ cup	Brown Sugar	180 ml
¼ cup	Cornstarch	60 ml
1 tbsp	Pure Vanilla (or Vanilla Extract)	15 ml
1	Vanilla Bean, scraped	1
1 tsp	Cinnamon, ground	5 ml
Pinch	Sea Salt	Pinch
1 tbsp	Unsalted BC Butter	15 ml
½ cup	BC Whipping Cream	125 ml
2-3 tbsp	Powdered Sugar	30-45 ml
1 tsp	Pure Vanilla (or Vanilla Extract)	5 ml



DIRECTIONS

1. Put the first 8 ingredients in a pot. Whisk to combine.
2. Over medium-high heat, bring the mixture to a boil, stirring frequently.
3. Continue to boil for 1 minute.
4. Remove from heat and add Unsalted BC Butter.
5. Divide hot pudding between 4 dessert dishes or glasses.
6. Loosely cover pudding with plastic wrap and cool in the refrigerator until cold (approximately 1 hour).
7. While waiting, whip BC Whipping Cream, powdered sugar, and pure vanilla until stiff.
8. When the pudding is cool, garnish with whipping cream and cinnamon.



CHEF'S TIP

*Look for organic products certified under the Canada Organic Regime or the BC Certified Organic Program. Visit www.organicbc.org to find a directory of BC organic food, farms, and businesses.