

How to Make Pudding

Pudding is unanimously a favourite food in all across the world. People loves to eat pudding for diverse reasons. Moreover, the procedure of making a pudding recipe is much easy. The ingredients are usually available in everybody's kitchen. Thus one can make pudding any time they want. For making pudding, we have to collect the ingredients we need to prepare pudding. The possible list of the ingredients is given in the following. But according to the choice of taste, one may include or discard the ingredients from the list. Nonetheless, in the following list we have given the fundamental ingredients.

1. Condensed Milk: 2 cups
2. Sugar: 1 cup
3. Chicken Eggs: 4
4. Cardamom powder: 2 teaspoon
5. Cream: 2 tablespoons

After collecting the above mentioned ingredients, we will go into the main cooking procedures. First of all, you need to boil the milk. Pour a litre of milk in a pot. Then boil the milk upto boiling point.

Remember, you have to stir the milk while boiling. Keep boiling upto the level of making it as a caramel.

Then, mix sugar with eggs and blend milk,

eggs, sugar, cardamom powder and cream well until it becomes mixed properly.

Next, put a pot in the oven and caramelize it with a little ghee, oil, butter and sugar.

Now pour the egg mixture in the caramelized pot with sugar, cover the mouth of the pot with a lid and boil it or keep it in a pressure cooker with water for 15-20 minutes. After that let the pudding be cool. Lastly, cut around the mold with a knife. The plate should be inverted by pressing on the face of the mold. Leave in

the fridge to cool and serve with delicious cream pudding. This is the easy way to cook pudding at home.

Pudding is a healthy food. Milk makes pudding high in calcium, an important nutrient for strong bones and teeth. Calcium influences muscle contractions, hormone secretions and the transmission of nerve impulses. Pudding is not just tasty. Rather, it is a healthy way to get our body's calcium. Vitamins and Minerals

Vitamins and minerals are essential components of pudding. Vitamin D and magnesium are terrific nutrients our body needs. They work with calcium to strengthen our bone structure and harden our tooth enamel. We can get the Vitamin A, C, B6, B12, D, E, Riboflavin, Magnesium, Protein, Carbohydrate, etc, in pudding.