

Creamy Lemon Pudding

Serves 3-4

- 100 ml fresh lemon juice (about 2-3 lemons)
- 1 tsp lemon zest (from the lemons)
- 75 g granulated sugar
- 2 large eggs, at room temperature
- 100 ml heavy whipping cream
- 100 ml sweetened condensed milk
- ½ tsp vanilla extract
- A pinch of salt
- Fresh lemon slices and mint leaves for garnish (optional)



1. In a medium saucepan, whisk together the **lemon juice, lemon zest, sugar, eggs, and salt** until well combined.
2. Place the saucepan over **medium-low heat** and cook the mixture, stirring constantly with a wooden spoon or heat-resistant spatula. Continue to cook until the mixture thickens and coats the back of the spoon. This should take **about 10-15 minutes**. Be patient and don't rush the process to avoid curdling the eggs.
3. Once the mixture has thickened, remove the saucepan from the heat and let it cool for a few minutes.
4. In a separate bowl, whip the **heavy cream** until stiff peaks form.
5. Gradually fold the **sweetened condensed milk** into the lemon mixture until well combined.
6. Gently fold in the whipped cream until you get a smooth and creamy texture. Take care not to overmix, as you want to retain the light and airy texture.
7. Stir in the **vanilla** to enhance the flavor.
8. Transfer the lemon pudding to individual serving dishes or a large glass bowl if you prefer to serve it family-style.
9. Cover the dessert with plastic wrap, making sure the wrap touches the surface of the pudding to prevent a skin from forming.
10. Refrigerate the lemon pudding dessert for **at least 2-3 hours** or until it's thoroughly chilled and set.