

Prune Pudding



Licking Memorial Hospital | Culinary Services

Prune Pudding (serves 4)

Ingredients:

- 1 cup dried prunes, tightly packed
- 2/3 cup sugar
- 1/2 teaspoon ground cinnamon
- 3 cups hot water
- 3 tablespoons cornstarch
- Juice of 1 lemon

Directions:

1. Place prunes in a bowl and cover with 2 cups of just boiled water. Allow to soak for 1 hour.
2. Transfer soaked prunes and liquid to a medium saucepan. Bring to a boil and lower heat to a simmer for 8 minutes.
3. Carefully transfer hot liquid and prunes to a food processor or blender. Add the final cup of hot water to the mixture. Pulse 5 to 8 times until prunes are broken down and small chunks remain.
4. In a separate bowl, whisk together cornstarch, lemon juice, and 1/3 cup of the pureed prunes, and set aside.
5. Return the remaining pureed prunes to the saucepan. Add sugar and cinnamon to the saucepan. Stir over medium-high heat until boiling. Reduce to simmer and allow to simmer for 5 minutes. Add cornstarch mixture to pot and stir until simmering.
6. Allow to simmer for 5 minutes until thickened, stirring occasionally. Carefully transfer into 4 small bowls and chill in the refrigerator.