



THE J.M. SMUCKER Co

Butterscotch Pudding Parfaits

Prep Time Cook Time Serves Difficulty

10 mins 10 mins 4 N/A

Ingredients

- 2 tbsp (30 mL) butter
- 1/2 cup (125 mL) brown sugar
- 1 can (354 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk

Fat Free Evaporated Skim Milk

- 2 tbsp (30 mL) cornstarch
- pinch salt
- 1 whole egg
- 1 tsp (5 mL) vanilla extract
- 1 cup (250 mL) sliced strawberries (or other fresh fruit such as blueberries, raspberries etc.)
- fresh mint sprigs

Directions

Step 1:

In a saucepan, melt butter over medium heat. Add sugar and cook until mixture bubbles, about 2 minutes. Remove from heat.

Step 2:

In a bowl, whisk together evaporated milk, cornstarch and salt. Whisk into sugar base and stir to combine. Return to heat and stirring constantly, cook mixture for 4 to 5 minutes or until lightly thickened. In a separate bowl, beat egg. Spoon about 1/2 cup (125 mL) pudding into egg and mix. Whisk back into pudding and cook another 2 minutes, until thickened. Remove from heat. Stir in vanilla. Transfer to a bowl, cover surface with plastic wrap. Cover and refrigerate for 3 hours or until cold. (Pudding can be served as is and not assembled into parfaits.)

Step 3:

To assemble desserts, in parfait or martini glasses, alternate layers of pudding and sliced fruit. Serve immediately or assemble up to 3 hours earlier; cover and refrigerate. Garnish with mint sprigs.

Pudding can be kept covered and refrigerated for up to one day.

Images

