

Mexican Cinnamon Custard Pudding

Ingredients:

- 2/3 cup sugar
- 2 Tablespoons cornstarch
- 3 cups whole milk
- 3 egg yolks
- 1 Ceylon cinnamon stick
- 1-1/2 teaspoons. Ceylon Cinnamon Powder

Directions:

- Mix the sugar and cornstarch together with a whisk in a medium saucepan.
- Slowly add in the milk. Then add the yolks and cinnamon stick whisking it constantly.
- Bring mixture to boil over medium-high heat, stirring constantly with whisk. (This takes about 7-8 minutes.)
- Then reduce the heat to medium and cook, whisking constantly for about 1 to 2 minutes, until pudding is thick. Remove the pan from the stove.
- Take out the cinnamon stick and pour the pudding through a strainer into a medium bowl, pressing the pudding through with a spatula. Leave any cooked egg white bits or cornstarch lumps in the strainer.
- Sprinkle Ceylon cinnamon powder and whisk until the cinnamon is completely mixed in.
- Leave the pudding on the counter for 30 minutes to cool down. Do not place in refrigerator immediately.
- Then place in the refrigerator for about three hours.