

Almost-Instant Chocolate Pudding

In the same time it takes to make boxed chocolate pudding, you can make real chocolate that's thick and creamy, very chocolatey, refined-sugar-free, cholesterol-free, allergen safe, pareve too.

Yield: 2 1/4 cups / 540 ML

Notes:

- The cornstarch is crucial to get the right texture for this pudding. Using another starch thickener, such as my usual first choice arrowroot, would result in pudding with a soft and unpleasant texture.
- To avoid the skin that forms on the pudding as it cools, cover the pudding directly with parchment or plastic wrap.
- Frozen pudding tastes surprisingly like Fudgsicles

Ingredients

1 1/2 cup/ 111 grams	organic granulated sugar or use coconut sugar
1 1/4 cup/ 28 grams	organic cornstarch (do not use arrowroot, see Note)
1 1/4 cup/ 25 grams	Dutch-process cocoa powder
1 1/4 teaspoon	fine sea salt
15 ounces/450 ml	plant milk (oat, soy, almond)
2 ounces/ 45 grams	chocolate (any percentage), small pieces or use chocolate chips
1 teaspoon	pure vanilla extract

1. Sift sugar, cornstarch, cocoa powder, and salt through a wire mesh strainer into a medium saucepan. Stir in the 1/2 of the milk, mixing to make a slurry. Pour in the rest of the milk, mix thoroughly.
2. Cook over medium-high heat, whisking frequently until the mixture begins to thicken and is close to a boil. Adjust the heat as needed to get a full boil, but don't let it be so high that the bottom scorches. As soon as the pudding starts to boil, it will thicken to pudding consistency. Immediately lower the heat and boil gently for another minute, stirring frequently with a silicone spatula.
3. Remove the saucepan from the heat. Add the chocolate into the hot pudding and stir with the silicone spatula until the chocolate is melted. Add the vanilla.
4. Spoon the pudding into serving dishes. Enjoy the pudding warm.

Recipe adapted from Vegan Chocolate: Unapologetically Luscious and Decadent Dairy Free Desserts, Fran Costigan for Essential Vegan Desserts at [Rouxbe](http://Rouxbe.com).