



## Lemon Pudding Cake

This light and delicious dessert is one of our most requested recipes. The cake batter rises like a soufflé, leaving a layer of lemony liquid on the bottom. Use a *microplane* style tool to grate super fine lemon rind. The water bath creates a humid oven so the cake won't over-brown or dry out during baking.

### INGREDIENTS:

1/3 cup fresh lemon juice (appx. 3 lemons)  
1 Tbsp micro-grated lemon peel  
1 cup skim milk  
2 eggs, room temperature, separated  
1/4 tsp salt  
1/2 + 1/4 cups sugar  
3 Tbsp unbleached white flour  
1 Tbsp butter, melted  
Spray oil

### PREPARATION:

- Preheat oven to 375°F. (do not use convection)
- Lightly spray-oil six, 6-ounce custard cups and place them in a high sided baking dish
- Measure and or prepare each ingredient and reserve
- Place egg whites in a medium-small bowl, add salt and beat with an electric mixer at high speed, gradually adding 1/2 cup of sugar, one tablespoon at a time, beating to a stiff-peak meringue. Reserve
- Place egg yolks in larger bowl and whisk in remaining 1/4 cup sugar
- Whisk lemon peel, lemon juice, milk, flour, and melted butter in to the egg yolk mixture to form a batter
- Whisk half of the reserved meringue into the batter
- Using a rubber spatula fold in the remaining meringue
- Ladle 1/3 cup batter into prepared custard cups
- Pour boiling water into the baking dish to half way up the sides of the cups (making a *bain marie*)
- Bake 40-45 minutes until pudding tops are crackled and lightly golden
- The cake will collapse a bit as it cools
- Serve ASAP with a dusting of powdered sugar

**Number of Servings:** 6  
**Calories:** 130  
**Fat Grams:** 3.5

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