

Corn Pudding

Classic Southern corn pudding recipe with creamy custard texture. Perfect holiday side dish made with corn, eggs, and milk. Easy make-ahead recipe!

15 min

PREP

1h

COOK

1h 15min

TOTAL

8

SERVINGS

Easy

DIFFICULTY

Ingredients

- 4 egg
- 1 cup milk
- 1 cup granulated sugar
- 4 tbsp corn starch
- 4 tbsp unsalted butter
- 1 tsp rock salt
- 1 tsp black pepper

Instructions

1 Prepare for baking

Preheat oven to 400°F (200°C). Grease a 9x13 inch baking dish with butter or cooking spray.

2 Make the custard base

Melt 4 tablespoons butter in a medium saucepan over medium heat until foaming. Whisk in 4 tablespoons flour and cook for 1-2 minutes, stirring constantly, until the mixture is smooth and lightly golden.

3 Gradually whisk in 1 cup milk, adding it slowly to prevent lumps. Add 1 teaspoon sugar and 1 teaspoon salt. Cook, stirring constantly, until the mixture thickens to a smooth sauce consistency, about 3-4 minutes.

4 Add the corn

Remove saucepan from heat and stir in 1 cup creamed corn and 1 cup whole kernel corn until well combined. Let the mixture cool for 5 minutes.

5 Incorporate egg yolks

Separate the 4 eggs, placing yolks in one bowl and whites in another clean, dry bowl. Lightly beat the egg

yolks with a fork.

6 Gradually whisk the beaten egg yolks into the cooled corn mixture, adding them slowly to prevent the eggs from scrambling.

7 **Whip and fold egg whites**

Beat the 4 egg whites with an electric mixer or whisk until soft peaks form when the beaters are lifted, about 2-3 minutes.

8 Gently fold the whipped egg whites into the corn mixture in three additions, using a large spoon to cut down and lift the mixture to preserve the air bubbles.

9 **Bake the pudding**

Pour the mixture into the prepared baking dish and spread evenly. Bake for 50-60 minutes, until the top is golden brown and puffed, and a knife inserted in the center comes out clean.

10 **Rest and serve**

Let the corn pudding cool for 10 minutes before serving to allow it to set slightly. Serve warm directly from the baking dish.

Tips

Use room temperature eggs for better incorporation and a smoother custard base.

Drain canned corn thoroughly and pat dry with paper towels to prevent a watery final result.

Separate eggs carefully - even a small amount of yolk in the whites will prevent proper whipping.

Fold the whipped egg whites gently in three additions to maintain the light, airy texture.

Test for doneness by inserting a knife in the center - it should come out clean when fully set.

Let the pudding rest for 10-15 minutes after baking to allow it to set properly before serving.

Grease your baking dish well to prevent sticking, or use parchment paper for easy removal.

For extra flavor, try adding fresh herbs like chives or thyme, or a pinch of smoked paprika.