

Tapioca Pudding

Creamy homemade tapioca pudding with vanilla and chewy pearls. Easy gluten-free dessert recipe ready in 60 minutes. Perfect comfort food!

10	50	60	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Tapioca Pudding

Ingredients

- 1 cup Tapioca balls
- 3 cup milk
- 1 cup heavy cream
- 2 egg
- 1 cup granulated sugar
- 1 tsp vanilla extract
- 1 tsp salt

Instructions

1 Heat the milk mixture

Combine 3 cups whole milk, 1 cup heavy cream, 1/2 cup sugar, and 1 teaspoon salt in a medium saucepan. Heat over medium heat, stirring occasionally, until small bubbles form around the edges and the mixture begins to steam, about 5-7 minutes.

2 Add 1/3 cup tapioca pearls to the hot milk mixture. Reduce heat to low and cook, stirring frequently, for 45-50 minutes until the pearls become completely translucent with no white centers visible.

3 Prepare the eggs

Whisk 2 large eggs in a medium bowl until smooth and well combined.

4 Temper the eggs

Ladle 1/2 cup of the hot tapioca mixture into the whisked eggs, stirring constantly to prevent scrambling. Add another 1/2 cup of hot mixture, stirring continuously until the egg mixture is warmed through.

5 Combine and thicken

Pour the tempered egg mixture back into the saucepan with the remaining tapioca, whisking constantly. Cook for 3-5 minutes, stirring continuously, until the pudding coats the back of a spoon.

6 Remove from heat and stir in 2 teaspoons vanilla extract until fully incorporated.

7 Cool and serve

Transfer pudding to individual serving bowls or one large dish. Press plastic wrap directly onto the surface to prevent a skin from forming. Serve warm immediately or refrigerate for at least 2 hours to serve chilled.

Tips

Use whole milk for the richest, creamiest texture. While you can substitute with plant-based alternatives, whole milk provides the best traditional flavor and mouthfeel.

Always temper your eggs by adding hot milk mixture gradually while whisking constantly. This prevents the eggs from scrambling and ensures a smooth, custard-like consistency.

Cook tapioca pearls on low to medium heat and stir frequently to prevent sticking and ensure even cooking. Patience is key – rushing the process often leads to unevenly cooked pearls.

For extra fluffy pudding, separate your eggs and fold beaten egg whites into the finished pudding just before serving. This creates a lighter, mousse-like texture.

Strain the finished pudding through a fine-mesh sieve if you notice any lumps or want an ultra-smooth consistency, though this will remove some tapioca pearls.

Cover the pudding surface directly with plastic wrap while cooling to prevent a skin from forming on top. Press the wrap gently onto the surface before refrigerating.

Make the pudding a day ahead for best flavor development. The vanilla and other flavors meld beautifully overnight, creating a more complex taste.

If your pudding seems too thick after refrigeration, thin it with a small amount of milk or cream and whisk gently until desired consistency is reached.