

# Betty's Super Southern Creamy Corn Pudding Recipe



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In this video, Betty demonstrates how to make her Super Southern Corn Pudding. This is a Southern corn dish that is the consistency of pudding. It's a tradition in the South, y'all, but I think you'll like it!

Ingredients:

3 tablespoons butter or margarine

1/4 cup flour

1 tablespoon sugar

1/2 teaspoon salt (On the video I used 3/4 teaspoon salt, but later thought it should be reduced a tiny bit.)

3/4 cup milk

14.75 oz. can cream-style corn

3 eggs, well-beaten

Melt 3 tablespoons butter or margarine in a medium saucepan over low heat. remove from heat, and add 1/4 cup flour, 1 tablespoon sugar, and 1/2 teaspoon salt. Stir until smooth. Add 3/4 cup milk, and stir well. Return the saucepan to the stove, and bring this white sauce to a boil over low heat. Cook for about 2 minutes, stirring constantly, until white sauce is thick and bubbly. Remove white sauce from heat, and stir in the 14.75 oz. can of cream-style corn. Now, stir a small amount of the 3 well-beaten eggs into the corn mixture, and then add the rest of the eggs, stirring constantly. Continue to stir the mixture, until all of the beaten eggs are incorporated into the corn mixture. Pour into an oven-proof dish that has been sprayed with cooking oil. Bake at 350 degrees for 30 to 40 minutes, or until browned on top, and casserole is fairly well set up. You may let this dish sit for a few minutes, or serve immediately. It is great when served in a small bowl with a square of butter at the side

Note: The diameter of the baking dish will determine how long you need to cook the corn pudding. I used a standard 9-inch deep dish Pyrex bakind dish, and my corn pudding was ready in 35 minutes. If you use a baking dish that is smaller in diameter, but deeper, your corn pudding may take longer to bake and may be more pudding-like. If your baking dish is larger in diameter and not very deep, then your corn pudding will be done sooner, and it may be more like bread than pudding. All these results are acceptable--as long as \*you\* like it!!!