

Orange Tapioca Pudding

Summary

Yield	Servings
Source	wailana
Prep time	4 hours, 30 minutes
Cooking time	30 minutes
Total time	5 hours

Description

This refreshing, creamy pudding, easy and quick to prepare, makes a nice change from grain-based puddings. It is rich, though, so you may want to save it for a special occasion sweet treat.

Image not found

[Orange Tapioca Pudding](#) - [Wai Lana Recipe](#) - [orange-tapioca-pudding_library.jpg](#)

Ingredients

1
Rind of half an orange, finely grated
1
Rind of one lemon, finely grated
1
Orange
6 c
Milk
1 c
Quick-cooking tapioca
1 c
Raw sugar
1?2
A vanilla bean, split, seeds scraped and set aside*
1?4 tspn
Salt
3?4 c
Whipping cream
1 Tbsp
Cornstarch

Instructions

1. Remove the rind from the orange and lemon using the smallest holes on a box grater. Set aside. Cut the ends off the orange. Remove the peel and outer membranes by following the curve of the fruit with a paring knife. Cut and lift the orange sections away from the membranes. Place in a bowl, cover, and chill.
2. In a large saucepan combine the milk, rinds, and the remaining ingredients, including the vanilla seeds. Let sit for 5 minutes. Bring to a boil on medium heat, stirring constantly. Remove from the heat and cool for 30 minutes. Stir well, then place the mixture in a glass bowl, cover, and chill for 3-4 hours.
3. To serve, give the tapioca a quick stir and remove the vanilla bean. Spoon the tapioca into individual bowls and garnish with the orange sections.

Notes

*Dried vanilla beans are about 5-8 inches long, wrinkled yet supple, and dark brown in color. To split, carefully cut lengthwise from end to end. Inside you will see a dark brown mass of seeds so tiny that they merge together into a soft pulp. Use a knife to scrape these seeds from the bean.

Nutritional Information Per Serving:

Calories: 439, Fat 11.2g (101 cal), Carbohydrate 76g (304 cal), Protein 8.5g (34 cal)

Added information: Saturated Fat 7g, Cholesterol 44mg, Sodium 235mg, Dietary Fiber 1.5g

Source URL: <http://www.wailana.com/lifestyle/recipe/orange-tapioca-pudding>