



Karin's Tapioca Pudding

Ingredients

- ½ cup small pearl tapioca (not instant)
- 2½ cups 2% milk
- ½ cup heavy cream
- ¼ teaspoon salt
- ⅓ cup sugar
- 2 eggs*
- 1 teaspoon vanilla

Optional toppings:

- Cinnamon
- Nutmeg
- Fresh berries
- Honey for drizzling



Method

Step One: Soak if needed. Read the tapioca box to see if it needs soaking and follow the instructions.

Step Two: Cook Low & Slow

- Combine tapioca, milk, heavy cream and salt into a saucepan. Turn heat to medium-high. Bring to a low simmer, stirring often to prevent sticking.
- Turn heat to low, add sugar gradually – keep stirring!
- Simmer gently 10–15 minutes until the pearls turn mostly translucent, and the mixture begins to thicken. (May take longer – depends on the type of tapioca you are using.)
- Don't boil hard. Tapioca likes gentle heat.

Step Three: Add the Eggs

- In a bowl, whisk the eggs.
- Slowly ladle about ½ cup of the hot milk mixture into the eggs while whisking. (This tempers them so you don't end up with scrambled eggs.)
- Slowly pour the egg mixture back into the saucepan. Cook another 10-15 minutes on medium, stirring constantly, until thickened.
- Remove from heat. Stir in vanilla.

*Chicken Eggs vs. Duck Eggs

If using duck eggs, use 1 large duck egg + 1 chicken egg (or 2 small duck eggs)
Duck eggs make it slightly richer and silkier.

