

Faculty Of Pharmacy, Nursing and Health Professions

Nutrition and Diet

Principles of food preparation (NUTD233)

**Caramel Pudding**

Performance day: Wednesday

Performance date: 20. Oct. 2021

Submission date: 27. Oct.2021

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**Introduction:**

Caramel pudding, or creme caramel, or milk leche, or custard flan, is an international favorite. The variation of names is testimony to the extent of this favorite dessert spread around the world. This dessert is a global favorite because it is light on the stomach and can flavor it using different types of flavors with it. Caramel pudding is one of the easiest types of pudding in its preparation and is usually tasty that children prefer to eat, as it uses sugar in it to add the main flavor of the pudding and its preparation depends on the caramel sugar until it becomes brown, which helps in giving the pudding a very light brown color when added milk. In general, pudding is made from very simple ingredients and very simple methods.

**Ingredients**

* ¼ cup + 1 Tbsp. of granulated sugar.
* ¼ cup of water
* ¼ tsp of salt
* 5 Tbsp. of cornstarch
* 2 ½ cup of milk
* 1 tsp of vanilla

**Procedure**

(Caramel was prepared which was used for coloring and flavoring from the first two steps).

1. ¼ c of sugar was heated until it melted and became dark brown taking care not to burn it.

2. ¼ c of boiling water was added slowly, and cooked until the hardened sugar was dissolved.

3. Sugar, salt and corn starch were mixed in a bowel and added the milk, then added the caramel mixture to it.

4. The mixture was cooked on medium heat stirring constantly until it became thick.

5. The pudding was removed from heat and vanilla was added, and mixed well.

6. Then it was poured into glasses and left to cool.

**Product evaluation**

This caramel pudding is a light dessert with sugar as the main ingredient of it, giving it sweetness and color.

In this recipe we used in the first time ¼ cup of sugar to make the caramel, and the second time 1 Tbsp. of sugar was used in the mixture that was added later to the caramel. Depending on that, every 1 cup of sugar provides the body with 774 Kcal, so ¼ cup provides193.5 Kcal. On the other hand, every 1 Tbsp. of sugar provides the body with 49 Kcal (1), so by considering both amounts used we can say that it provides good amount of sugar, but not a high one.

Cornstarch was also used in the recipe. 5 Tbsp. of cornstarch was used, knowing that every 1 Tbsp. provides 30 Kcal and approximately 7 g of carbohydrates (2), so the amount of cornstarch used in this recipe provides approximately 150 Kcal, and 40 g of carbohydrates, which is a good amount energy and carbohydrates.

2 ½ cup of milk was also used in this caramel pudding, which is a good amount of milk that provides variety of nutrients, vitamins and minerals. Every 1 cup of milk provides 120 Kcal, 11 g of protein, 14 g of carbohydrates, 400 mg of calcium, 470 mg of potassium, 500 IU of vitamin A, and 100 IU of vitamin D (3), and since we used 2 ½ cup of low-fat milk so the amount used provides double the amounts of the nutrients mentioned, so the milk provides high amounts of energy, calcium vitamin A, vitamin D, and potassium.

Depending on the ingredients used and on the amounts of nutrients they provide, this recipe is obviously high in calories, but it is also high in the minerals and vitamins that are provided by the milk used.

Overconsumption of this caramel pudding may lead to obesity and its complications and diseases on health.

Raneen: very tasty and easy to apply in daily life.

Lamis: the taste was light and delicious. The caramel and vanilla were a tasty mixture, I love it.

Soumod: I did not like how the pudding tasted, maybe if it was chocolate it would taste better.

Ola: the pudding was very tasty. The color and the taste were unique. I really enjoyed making and eating it.

Majdal: It was very good, easy and quick to prepare and the taste of caramel was distinctive.

**Discussion and Conclusion**

The caramel pudding was as expected. The taste, the color, and the texture of the pudding were just as it should be. We didn’t have any problems or any mistakes during the preparation of the pudding. The sugar was heated and melted until we get the right desired brown color of the caramel, and that helped in obtaining the desired color of the pudding. The caramel produced small lumps when the sugar starch mixture was added but it soon melted. Using a low-fat milk was a very good choice to lower the number of calories in the milk making it healthier. Vanilla was used to add flavor.

Caramel pudding is a light dessert, contains simple ingredients, and has a very unique taste. It is made in a very simple and enjoyable way. Its smooth and light texture makes it a desirable dessert especially to children, it contains many healthy nutrients due to the ingredients used in preparing it, so consuming it moderately well be very beneficial to health and will provide good amounts of important nutrients, but overconsumption should be avoided because it may lead to obesity*.*

**References**

1. National Nutrient Database for Standard Reference Legacy Release, **Basic Report:  19335, Sugars, granulated,** April 2018, retrieved from <https://ndb.nal.usda.gov/ndb/foods/show/19335>?.
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