Coconut-pudding dessert cups: cool before filling

Portion a coconut pudding into small lidded cups only after it has chilled. FigureNook gives no pudding recipe: use ready-to-eat pudding or a recipe you trust. The cooling and portion log records the recipe or product, the cooling times, your measured yield and the amount per cup.

What you need

- Coconut pudding: ready-to-eat, or made from a published recipe you choose
- Shallow containers for cooling a cooked pudding
- Food thermometer, if the recipe contains egg
- Small lidded cold-serving cups and spoons
- Measuring cup
- Pen and the printed cooling and portion log

1. Record the pudding you are using

Write the recipe name and where it is published, or the product name, on the log, with its stated yield and ingredients. A coconut name does not mean dairy-free or free of any allergen; check the actual ingredient list.

2. Cool a cooked pudding quickly

If you cook pudding, follow the recipe. If it contains egg, FDA advises cooking egg dishes to 160 °F, measured with a food thermometer. Divide a large batch into shallow containers and promptly refrigerate: within 2 hours of cooking, or within 1 hour when the temperature is above 90 °F. Do not leave a deep pot on the counter.

3. Fill the cups once it is cold

Fill only chilled pudding into plastic cups. Spoon one test cup, stopping where the lid still closes without touching the pudding, and write that amount on the log. Divide your measured yield by it to see how many cups you can fill.

4. Lid, label and refrigerate

Close the lids, write the date made on each cup and refrigerate. FDA says cold perishable food should be kept at 40° F or below. Follow the recipe or package for how long the cups keep.

Important

Never fill plastic cups with hot pudding. Put it in shallow containers in the refrigerator, within 2 hours of cooking, or 1 hour above 90 °F (FDA).

Food safety: Count all time perishable food spends out of refrigeration or effective cooling toward the limit; chilling it again does not reset the clock.
Cup safety: Do not use cold-serving cups for oven use or hot food; follow the maker's instructions.

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Print at 100% on plain paper.

Recipe name and where published, or product name: _____

Stated yield: _____

Contains (from recipe or label): _____

Contains egg? ☐ Yes: check 160° F ☐ No

Cooked at (time): _____

Thermometer reading, if it contains egg: _____

Cooling in shallow containers

Container	Pudding depth	Into fridge at	Within safe time limit	Cold through
			☐	☐
			☐	☐
			☐	☐
			☐	☐

Portions

Measured chilled yield: _____

Test cup amount (lid closes freely): _____

Cups you can fill (yield / test cup): _____

Date made, written on each cup: _____

Before serving

☐ Every cup lidded, dated and refrigerated.

☐ Ingredient list available for guests.

☐ Toppings kept separate until serving.

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Tips and disclosures

- Note the cooking and refrigeration times; use the shorter one-hour limit when the temperature is above 90 °F.
- Toasted coconut or other toppings stay crisper if added at serving.
- Use cold-serving cups suitable for food; check the cup and lid directions.

Notice: AI concept illustration

AI concept illustration: the image is an original AI editorial illustration of coconut pudding cups, not a photograph of a tested result or of the linked product. It does not establish colour, capacity, fit, temperature or results; check the retailer listing and the maker's directions.

Sources

Main source: FDA: Safe Food Handling

FDA: Safe Food Handling
https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling

Source note: FDA guidance supports the 160 °F temperature for egg dishes, prompt refrigeration, shallow containers for quick cooling and refrigerator temperatures at 40 °F or below. This guide offers a planning log, not a pudding recipe.