



## Bread & Butter Pudding

## For the Love of Good Food

*"The proof of the pudding is in the eating"* wrote Miguel de Cervantes in his novel featuring Don Quixote. This famous expression is certainly true of the following recipe. There are numerous recipes for bread pudding from cultures with bread as their staple. You can imagine the thrifty cook looking for ways to use up yesterday's bread. The earliest evidence of an English version dates from medieval times. The origin of the word pudding is a corruption of Old French *boudin* – a kind of sausage, which is why there is scope for puddings to be either sweet or savory (like steak and kidney pudding), and why some older puddings were sausage shaped. The dictionary definition for our purposes is *"a sweet dessert, usually containing flour or a cereal product that has been boiled, steamed or baked"*. The unifying factor for all bread pudding recipes is you take bread, soften it with liquid and sweeten it, then bake it. Sometimes it's topped with a sweet sauce; sometimes with meringue, sometimes both.

### Ingredients (for 4-6 servings)

*3oz sultanas (golden raisins)*

*2 tablespoons Amaretto or Cointreau (flavored tea for non-alcoholic alternative)*

*1/2 pint milk*

*1 vanilla pod*

*3 eggs*

*1/4 pint heavy cream*

*8 slices of bread buttered on one side*

*4 tablespoons of apricot jam/preserve*

*2oz toasted shredded almonds*

*Powdered sugar for dusting*

1. Soak the sultanas in the alcohol or flavored tea overnight.
2. Infuse milk with the vanilla pod by gently heating and then allow to cool.
3. Remove the vanilla pod and beat the milk together with cream and eggs.
4. Spread 2 tablespoons of apricot jam on 4 slices of bread on the opposite side from the butter. Sandwich the slices together with the jam in the middle. Trim the crusts and cut into 4 triangles.
5. Arrange the bread triangles in a pint casserole dish. Sprinkle with macerated fruit. Gradually pour over the cream mixture until all coated. Leave 30 minutes to 1 hour to soak.
6. Cook in a water bath for 50 minutes to an hour in an oven pre-heated to 325 F.
7. Press remaining jam through a sieve into a saucepan with 1 tablespoon of water, melt. Or microwave on defrost.
8. Once pudding is cooked remove from oven, brush the top with jam, sprinkle with almonds and dust with powdered sugar. Serve as-is, or a la mode with a scoop of ice cream.
9. Forget the calories and enjoy.