

Caramelized Bread Pudding

Bread pudding is traditionally made to use up stale bread, but why not use something fresh and delicious? Try raisin bread or another bread of your choice instead of the chocolate-cherry-almond bread used here. This pudding also is excellent served with brandied cherries (recipe on page 96).

1 tablespoon unsalted butter

½ cup (4 oz/125 g) plus 3 tablespoons sugar

2 cups (16 fl oz/500 ml) low-fat (1-percent) milk

2 eggs

1 tablespoon vanilla extract (essence)

1 teaspoon ground cinnamon

1 loaf Courtney's chocolate-cherry-almond bread (recipe on page 213), cubed

1. Preheat an oven to 350°F (180°C).
2. In an ovenproof, straight-sided skillet or casserole, heat the butter. Add 3 tablespoons of the sugar, stirring over medium heat

until it is dissolved. Continue to cook without stirring until the sugar is golden brown. Remove from the heat, and set aside.

3. Combine the milk, remainder of the sugar and eggs in a large mixing bowl. Stir in the vanilla and cinnamon. Add the bread cubes, and stir to coat all the pieces.
4. Pour the bread mixture over the caramelized sugar in its pan, pressing the bread slightly to pack it. Bake 45 minutes, until a knife inserted in the middle comes out clean.
5. Invert onto a serving plate, and serve warm.

Serves 8

Photograph page 8

1 serving: Calories 350, Protein 11 g, Carbohydrates 64 g, Fiber 5 g, Total fat 7 g (Saturated 2 g, Monounsaturated 3 g, Polyunsaturated 1 g), Cholesterol 60 mg, Sodium 360 mg.

▲ *1 Bread*