

## Bread Pudding with Vanilla Sauce

Author: Adapted from recipes in America's Test Kitchen Family Cookbook

Carolyn T's  
Main Cookbook

Servings: 10



### BREAD PUDDING:

- 4 large eggs
- 1 large egg yolk
- 3/4 cup granulated sugar
- 2 1/2 cups whole milk
- 2 1/2 cups heavy cream
- 3 tablespoons bourbon, optional
- 1 tablespoon vanilla extract
- 3/4 teaspoon freshly ground nutmeg
- 1/4 teaspoon salt
- 10 ounces sandwich bread, cubed

### TOPPING:

- 2 ounces sandwich bread, cubed
- 2 tablespoons granulated sugar
- 1 1/2 tablespoons butter, melted
- 1/2 teaspoon ground cinnamon

### VANILLA SAUCE:

- 2/3 cup granulated sugar
- 2 tablespoons cornstarch
- 1/8 teaspoon salt
- 3 1/2 cups half and half
- 2 large egg yolks
- 1 tablespoon unsalted butter
- 1 tablespoon vanilla extract

Blog: Carolyn T's Blog:  
<http://tastingspoons.com>

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*Per Serving (excluding unknown items): 661 Calories; 41g Fat (57.0% calories from fat); 12g Protein; 58g Carbohydrate; 1g Dietary Fiber; 278mg Cholesterol; 398mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Non-Fat Milk; 8 Fat; 2 Other Carbohydrates.*

Notes: You can also add raisins and walnuts to the mixture (soak the raisins in the bourbon - in microwave). Add about 3/4 cup raisins and 1 cup walnuts.

1. Adjust oven rack to lower-middle position and heat to 325. Lightly coat a 9x13 baking dish with vegetable oil spray.
2. BREAD PUDDING: In a large bowl whisk the eggs, yolk and sugar. Whisk in the milk, cream, bourbon, vanilla, nutmet and salt. Stir in the bread cubes and mix until all cubes are covered with the milk mixture (they will float to the top). Pour the mixture into the prepared baking dish, cover loosely with plastic wrap and let sit at room temp for 20 minutes (to allow the bread to soak up the milk).
3. TOPPING: In a small bowl combine the bread cubes, sugar and cinnamon. Drizzle the melted butter over them (cover as many of the cubes as possible) and toss the mixture. Gently pour these onto the top of the bread pudding and move them so they are mostly evenly arranged. Gently press down on these new cubes so they're partially submerged in the milk.
4. Bake until the pudding is deep golden brown, puffs around the edges and jiggles slightly at the center, 40-50 minutes. Let cool on a wire rack until set, and serve while warm, if possible.
5. SAUCE: Combine the sugar, cornstarch and salt in a medium saucepan. Slowly whisk in the half and half and the egg yolks.
6. Bring the mixture just to a simmer over medium-high heat, whisking gently but constantly, scraping the bottom and sides of the pan. Reduce heat to medium or medium-low and cook constantly until the mixture is thicker and lightly coats the back of a teaspoon.
7. Strain the pudding through a fine-mesh sieve, into a bowl. Stir in the butter and vanilla and stir until the butter is melted. Press plastic wrap directly onto the top of the sauce if you're not going to eat it immediately. Can be reheated very gently if you'd like to serve the sauce warm.