

Cinnamon, Raisin and Apple Bread Pudding

From a cooking class with Phillis Carey



Unctuous, decadent and worth every calorie and fat gram.

BREAD PUDDING:

- 4 large eggs
- 3 cups heavy cream (do not substitute anything here)
- 1 cup apple juice
- 1 cup golden brown sugar
- 2 tablespoons unsalted butter, melted
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 6 cups raisin bread, cubed, stale
- 1 whole Granny Smith apple, peeled, cubed (about 1 cup)
- 1 cup dried apples (or substitute raisins)

SAUCE:

- 4 tablespoons unsalted butter
- 1/2 cup sugar
- 1/4 cup apple juice
- 1/4 cup brandy
- 4 large egg yolks

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

Servings: 10

If you use anything except heavy cream, the pudding will curdle. If you like brandy, you may also add 1-2 T. of brandy to the bread pudding mixture. If the raisin bread isn't stale, cut it into cubes and bake it for 4-8 minutes in a 350 oven until it has begun to dry out. Do not cook this with moist, fresh bread.

1. Preheat oven to 350. Butter a 10x14 inch baking dish. Whisk eggs in a large bowl. Add the cream, apple juice, sugar, melted butter, salt and cinnamon, whisking to combine. Add the bread cubes, fresh and dried apples and stir to combine.
2. Pour into prepared dish. Cover and refrigerate for one hour. Remove cover and gently press down on the bread, so the creamy mixture will rise somewhat. Do not try to submerge the bread. Bake for one hour, or until the top is golden brown and the center of the pudding is firm. Remove and cool on a rack for 10 minutes before serving.
3. SAUCE: Melt butter in a double boiler over simmering water. Add the sugar and whisk to combine, stirring, for one minute. Add the cider and brandy, and whisk until sugar is dissolved, about two minutes. Remove from heat and add the egg yolks, one at a time, whisking constantly. Return to double boiler and cook, whisking constantly until sauce is pale and slightly thickened, about 5 minutes.
4. Allow to cool slightly, then pour sauce through a fine-mesh sieve to extract any egg white solids. Allow sauce to cool to room temp, if possible, before serving.
5. Cut squares of bread pudding, top with sauce and serve with vanilla ice cream on the side.

Per Serving (excluding unknown items): 844 Calories; 44g Fat (46.3% calories from fat); 16g Protein; 97g Carbohydrate; 7g Dietary Fiber; 286mg Cholesterol; 728mg Sodium. Exchanges: 5 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 8 Fat; 1/2 Other Carbohydrates.