

Pumpkin Butterscotch Angel Food Pudding

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8 ounces angel food cake cubes (about 3/4 of a store bought whole one)
3 ounces butter, salted
4 1/2 ounces dark brown sugar
4 ounces pumpkin puree (canned or homemade. If it's very loose strain out some of the liquid until it is the consistency of apple butter)
1/2 teaspoon kosher salt (increase slightly if you aren't using salted butter)
1/2 teaspoon pumpkin pie spice
2 cups whole milk
2 large eggs
1 large egg yolk
Hot-to-boiling water for the water bath (about 1 1/2 quarts or so)
Candied pecans to sprinkle on top - use your own recipe, just add a bit of pumpkin pie spice
Whipped cream for serving on top

Per Serving (excluding unknown items): 555 Calories; 25g Fat (40.3% calories from fat); 12g Protein; 73g Carbohydrate; 1g Dietary Fiber; 222mg Cholesterol; 810mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 4 1/2 Fat; 4 1/2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 4

1. Place an oven rack in the middle of the oven and preheat to 350°F.
2. Spread out the cubed angel food cake on a rimmed baking sheet. Bake for 15 minutes, tossing the cubes every few minutes, until golden.
3. If you have time, let the cubes sit out for several hours or overnight until they are stale and hard. If not, just keep going. Set the cake cubes aside.
4. In a heavy-bottomed saucepan, melt the butter. Add the dark brown sugar and stir the butter and brown sugar together until bubbling and starting to increase in volume, about 3 minutes. The mixture will start out looking separated but will come together, so worry not. Add the pumpkin puree, salt, and pumpkin pie spice. Cook and stir until smooth. Remove from heat and add the 2 cups of milk.
5. Pour about 1/2-3/4 cup of the milk mixture in with the eggs, whisking constantly. Pour the eggs back into the custard and whisk until smooth. Strain into a large bowl.
6. Add the cake cubes into the custard mixture. If the cubes are stale, it will take about 20 minutes to soften. If not, it will take much less time. When finished, most of the custard will have been absorbed by the cake.
7. Pack the custard-soaked cake into buttered 1-cup ramekins or ring molds and pour in any additional custard evenly among the four. If using ring molds, line with parchment strips and wrap the bottoms with foil to prevent leaks. Place on a rimmed baking sheet in the oven. Carefully pour in the hot water into the pan to a depth of about 1/2". Carefully slide the oven rack into place and bake for about 30 minutes or until a knife stuck in the center of a pudding comes out clean.
8. Turn off the oven, crack open the oven door and allow the puddings to sit an additional 10 minutes. Carefully remove the puddings from the pan (leave the pan to deal with once the oven is cool and the water won't burn you if it sloshes) and let cool on a wire rack. Serve barely warm garnished with some chopped candied pecans and some whipped cream. You can also chill them and reheat a bit when ready to serve.