



Toasted Bread and Butter Pudding with Apple and Grapes

Serves 6 to 8

This is a perfect foil for any ho-hum breakfast, brunch or lunch buffet. The addition of the apples and grapes add enough sweetness to serve as dessert. An elegant vanilla cream sauce takes it over the top.

Ingredients:

1 large Granny Smith Apple peeled, cored and cut into 1/4"-inch slices
1/4 cup brown sugar
1/2 teaspoon cardamom
1 cup whole red seedless grapes, sliced in half
4 tablespoons butter (preferably unsalted) at room temperature
12 slices Country White loaf bread, crusts removed (about 1 loaf)
1 stick of butter at room temperature (for buttering the bread)
3 cups half-and-half
4 eggs
1/3 cup sugar
1 teaspoon vanilla
Sea salt to season

Preparation:

Preheat the oven to 350°F.

Combine the sugar and cardamom in a small mixing bowl. Add the apple slices and toss to coat. Add the grapes and stir to combine. Set aside.

Butter both sides of bread slices and place on a large baking sheet. Bake in oven until toasted on both sides, about 20 minutes (turn the slices over after tops are golden, about 10 minutes). If necessary, toast slices in 2 batches. Transfer to a cooling rack. When cool slice each piece of toasted bread on the diagonal, cutting it in half. Meanwhile, butter a 3 quart shallow baking dish.

Arrange the toasted triangles in rows, slightly overlapping, in the prepared baking dish. Carefully spoon the apple and grape mixture in between the rows of the toasted triangles, sandwiching the fruit between the toasts.

Whisk together half-and-half, eggs, sugar, vanilla, and salt until sugar and salt are dissolved. Slowly pour the custard evenly over the bread and fruit. Let stand at room temperature for 15 minutes.

Create a water bath to cook the prepared dish by placing the baking dish in a larger roasting pan. Fill the roasting with hot tap water about half-way up the side of the baking dish. Carefully transfer to the oven and bake for about 50-60 minutes. The pudding is done when the custard is set about 3-inches in from the edge of the baking dish. The custard in the center will not be as firm but will continue to set as it cools. Serve warm with ***Vanilla Crème Sauce***.

courtesy of www.TheresAChefinMyKitchen.com



Vanilla Crème Sauce:

In a large, heavy saucepan over medium heat combine 1 1/2 cups half-and-half, 1 1/2 teaspoons vanilla extract, and a scant 1/4 cup sugar. Whisk until the sugar is dissolved and the mixture is steaming. Remove from heat.

In a large mixing bowl whisk 4 egg yolks to combine. Temper the egg yolks with the half-and-half mixture by adding a small amount of the hot mixture to the egg yolks while whisking constantly and briskly. Continue in the same manner with the remaining half-and-half mixture until it is all mixed in with the yolks. Return the contents of the mixing bowl to the saucepan and heat over medium heat, whisking constantly. Cook until the mixture thickens. Spoon over the pudding and serve.

courtesy of www.TheresAChefinMyKitchen.com

Recipe Copyright © 2007 by Donna Marie Desfor & There's a Chef in My Kitchen, LLC.
All Rights Reserved.