

Bread Pudding



Bread Pudding Recipe

Bread pudding also known as diplomate is a dense bread-based dessert popular all over the world. Made with stale bread, milk, eggs, sugar and dry fruits as well as spices such as cinnamon, nutmeg or vanilla. The age-old technique of reviving stale bread slices by dipping them into milk-egg mixture and frying to a crisp golden brown is known in France as *pain perdu* (lost bread or French toast); very similar to bread pudding indeed. The richer the better; using brioche, croissant or panettone rather than plain bread will make a huge difference. Combining both is a good alternative too.

Yields: 10/12 servings

Dry Fruit Marinade

12 ounces (360g) fruit confit* (cubed candied fruit, also known as crystallized fruit or glacé fruit) or use candied orange and lemon peels instead.

4 ounces (120g) dry raisins

0.4 cup (100ml) Kirsch or dark rum or orange juice

2 lb. (900g) stale bread, brioche, croissant, panettone...

Custard

2 cups (500ml) whole milk

0.6 cup (120g) granulated sugar

4 ea. (200g) eggs

3 ea. (60g) egg yolks

2 ea. vanilla beans, scrap the seeds out or 1/2 Tbsp (7.5ml) vanilla extract

Substitute vanilla for cinnamon if desired.

*If using bread: add 1/2 cup (120g) sour cream or crème fraiche. Double the amount of sugar and raisins. Add 2 lemons and oranges zest.

*If using panettone: the fruit confits are not necessary. To make panettone watch the Panettone Taste of Italy video.

Method

Soak dry fruits in alcohol or orange juice and refrigerate overnight.

Grease your nonstick pan (here a Nordic Ware Heritage Bundt Cake Pan) generously with soften butter and give it a coating of flour. Trim off crust if desired and cube or slice bread. Meanwhile beat eggs, yolks, sugar and vanilla. Add milk and pour the custard over the bread along with the marinated fruits. Allow it to absorb all liquid. Let sit for about 30 minutes. Transfer mixture into prepared mold and bake.

Baking

Position the rack in the lower third of oven. Preheat oven to 350°F (180°C) with a shallow dish or skillet filled half way through with boiling water.

Bake bread pudding for about 55 minutes. Remove from oven and place pudding over ice water for an hour to cool faster and refrigerate. The pudding must be completely chilled before unmolding. Flip pan over a large and flat plate or plater, shake it. If it does not come off; use a blowtorch and heat up the surface of the bottom briefly to create a thermal chock effects. Bread pudding will keep refrigerated for up to a week (avoid freezer).