

With a little creativity, past-its-prime food can still be used. For this recipe, stale bread is necessary, and pears and apples that are getting a little too old to eat raw will be delicious when baked into a dessert.



**TOO GOOD  
TO WASTE  
Feast**

## Chef John Howie's Bread Pudding

### Ingredients: Bread Pudding

Serves 6

• French Bread Loaf – stale	¼ loaf
• Milk 2%	½ cup
• Pears, Bartlett – peeled, cored, wedged 1/8"	¼ cup
• Apple – peeled, cored, wedged 1/8"	¼ cup
• Golden Raisins	2 Tbsp.
• Butter, whole, salted	1 Tbsp.
• Cinnamon – ground	¾ tsp.
• Crème Batter – recipe follows	1 ½ cups
• Light Brown Sugar	1 ½ Tbsp.
• Whiskey (optional)	1 Tbsp.

### Ingredients: Crème Batter

• Heavy Whipping Cream	1 ½ cups
• Egg Yolks - fresh	4 yolks
• Sugar - granulated	1 Tbsp.

### Ingredients: Bourbon Sauce

• Eggs - large	4
• Sugar - granulated	1 lb.
• Butter - salted	½ lb. (2 sticks)
• Whipping Cream	1 cup
• Bourbon	3 Tbsp.

### Crème Batter Base Procedure:

1. Set aside ½ cup of the whipping cream and hold.
2. In a heavy duty pot, mix the remaining cup of whipping cream with the sugar and mix together until sugar is dissolved.
3. Heat whipping cream-sugar mixture over low heat until bubbles form around the edge of the pan and temperature measures 170°. For uniform heating, stir occasionally so as not to overcook the cream.
4. Place the egg yolks in a mixing bowl, slowly add the cream that was set aside earlier. Mix by hand well, but don't beat or whip.

Stirring constantly; very slowly pour the hot cream into the egg mixture.

**\* CAUTION:** Do not reverse this by pouring from the cold pan into the hot pan. The temperature of the yolks must be increased slowly and evenly or the egg will cook and the mixture will curdle.

5. Pour batter through a fine mesh strainer, into clean, plastic container. Cool mixture in an ice bath. Store refrigerated until needed.

### Bread Pudding Procedure:

1. Immerse bread into the milk to moisten. Squeeze bread to remove all excess milk.
2. In a large stainless bowl, tear bread into 1" pieces, add the pears, apples and raisins, mix together.
3. Lightly butter six 4 oz. ramekin baking dishes. Place the mixture evenly into the baking dishes. Dot the top of each dish with ½ tsp. of melted butter.
4. In a heavy gauge saucepot, heat the crème batter, brown sugar, cinnamon, nutmeg and whiskey. When the brown sugar is dissolved, pour the mixture into each cup, filling ¼" from the top.
5. Bake in a conventional oven at 350° for 45-60 minutes or until the center is firm. After 30 minutes of baking, cover with foil to avoid over-browning.
6. After baking, let set for ½ hour. Cool and cover with plastic wrap.

### Bourbon Sauce Procedure:

1. In a heavy gauge saucepot, bring the butter and whipping cream to a boil and remove from the heat. **\* Don't scorch!**
2. While the whipping cream is heating, combine the egg and sugar in a stainless steel mixing bowl. Hand whip well to dissolve the sugar.
3. Place the bottom half of a double boiler on a burner and bring it to a boil.
4. When the whipping cream is removed from the heat, very slowly pour into the egg and sugar mixture while stirring constantly. **\* Don't pour in too quickly or the egg will cook.**
5. Place the stainless steel mixing bowl over the double boiler and stir constantly for approximately 30-45 minutes or until the sauce develops a body, and becomes shiny, and bubbles (or foam) disappear. **\* CAUTION:** Mixing bowl should not come in contact with the water or the mixture will cook and become grainy.
6. Remove from the heat, transfer to a plastic container and refrigerate to cool. Or place in an ice bath. This cooling process will continue to thicken the sauce.
7. After the sauce is completely cooled and thickened, remove from the refrigerator and stir in the whiskey and hold refrigerated until needed.

### Preparing:

Reheat bread pudding in an oven or microwave, remove the plastic wrap, remove from the dish and place on a plate.

Pour ¼ cup of bourbon sauce over the pudding. Serve.

