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Old Fashioned Bread Pudding

In my weekly column you will often find me discussing ways to choose foods with the most nutritional value for your daily diet. Those often include lots of fruit, vegetables, and lean meats. While this is important, I believe we can still occasionally “sneak ” in those favorite treats we all love so much! I found this recipe on the University of Nebraska – Lincoln website by Alice Henneman, MS, RD, UNL Extension in Lancaster County. It is a way to still enjoy a wonderful dessert, but a twist in the recipe makes it a delicious way to add whole grain breads to your meal.

Old Fashioned Bread Pudding

Serving Size: 1/2 cup

Yield: 6 servings

Ingredients:

5 slices whole wheat bread
2 tablespoons margarine or butter
1/4 teaspoon cinnamon
1/3 cup sugar, white or brown
1/2 cup raisins
3 eggs
2 cups nonfat liquid milk
1/4 teaspoon salt
1 teaspoon vanilla extract

Instructions:

Preheat oven to 350 degrees F. Spread one side of bread with margarine or butter. Sprinkle with cinnamon. Cut bread into 1-inch cubes. In a medium-sized bowl, combine bread cubes, sugar, and raisins. In another bowl, blend eggs, milk, salt, and vanilla. Pour liquid over bread mixture; lightly mix. Transfer mixture to a casserole dish that has been coated with oil or sprayed with a nonstick spray. Bake uncovered for 50 to 60 minutes or until the center of the mixture reaches 160 degrees F when measured with a food thermometer. At this temperature, a metal knife *inserted* near the center of the pudding comes out clean. Serve warm or cold. Do not let bread pudding set at room temperature over 2 hours TOTAL time. Eat within 3 to 4 days.

Source: Adapted from: Montana Extension Nutrition Education Program, Website Recipes, Montana State University Extension Service, available at Food Stamp Nutrition Connection Recipe Finder at <http://recipefinder.nal.usda.gov>

Alice's notes:

Avoid overcooking eggs in custard-type dishes -- such as this recipe -- AND assure safety by using a food thermometer. Overcooking may cause curdled or weeping custard. To determine doneness in egg dishes such as bread or rice pudding, quiche, casseroles, stratas, etc. the center of the mixture should reach 160 degrees F when measured with a food thermometer.

At this temperature, the very center of a custard-type dish may still be slightly liquid; however, the heat retained in the mixture will cause it to continue cooking and to set after removal from the oven. You may need to insert the thermometer at an angle to assure enough of thermometer reaches into the food to measure the temperature.

Sarah Phillips <http://www.baking911.com> notes a custard pie is done when the liquid area in the center of the pie is smaller than a quarter. This is why you may see the recommendation to insert a metal knife near the center of custard-type dishes to check if it comes out clean.

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