



Bread and Butter Pudding

Bread and Butter Pudding is a traditional family favourite which is economical to make as it uses up old bread and can be cooked in a microwave. The pudding should be crispy on the outside and light and fluffy on the inside, and is delicious served with custard or crème fraîche.

Nutritional information per portion (187g):

calories	fat	saturates	sugars	salt
331.9	11.2g 16%	5.3g 27%	20.5g 23%	0.9g 15%

of an adult's guideline daily amount



Wheat/gluten, dairy and egg

Equipment

Weighing scales
Spreading knife
Ovenproof serving dish (approx. 1 litre, not metal)
Chopping board
Bread knife
Measuring spoons
Measuring jug
Fork
Oven gloves
Pan stand

Ingredients

Serves 4
25g butter OR polyunsaturated margarine (at room temperature)
4 slices white, wholemeal OR granary bread
50g currants, raisins, sultanas OR mixed dried fruit
25g sugar
1 x 5ml spoon grated nutmeg
300ml semi-skimmed milk
2 medium eggs



Top Tips

- This pudding is an economical way of using up bread that has passed its best and is slightly stale. Make sure that the margarine is suitable for baking.
- When baked this is crispy and delicious; the microwave version will be pale in colour and if you want to give it a browned, crispy finish it can be placed under the grill for a couple of minutes.
- The timings for microwaving the pudding are based on an 800w microwave, so you may have to adjust the timings based on the wattage of your microwave.
- Serve with the home-made Custard recipe on the Club Zone area of the Let's Get Cooking website.





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Method

1. Preheat the oven to 160°C/140°C fan or gas mark 3, if you are not using the microwave.
2. Use a little of the butter to grease the ovenproof dish and use the rest to butter one side of each slice of bread.
3. Cut the slices into quarters diagonally (to make triangle shapes).
4. Arrange half of the bread across the base of the prepared dish.
5. Sprinkle the dried fruit, half the sugar and the nutmeg over the bread.
6. Arrange the remaining bread triangles, butter side up, on top of the fruit.
7. Beat together the milk and eggs in a measuring jug and pour over the bread.
8. Sprinkle the remaining sugar over the pudding and leave to stand for 10 minutes to allow the bread to soak up the egg and milk mixture.
9. Microwave on medium power for 5 minutes. Leave to stand for 2 minutes, then microwave on medium power for a further 5 minutes until the pudding begins to set at the edges. Leave to stand for a further 2 minutes then check that the centre is set. If it is not, return it to the microwave for another 2 minutes. Alternatively, bake in the oven for 30 minutes or until set and golden.

Prepare now, eat later

- Make the Bread and Butter Pudding in small take-away containers, refrigerate and bake later the same day. As these puddings are smaller they will not take as long to bake, so reduce the cooking time to 25 minutes.
- Bread and Butter Pudding is best eaten straight from the oven when it is crisp and delicious.

Something to try next time

- If you don't like dried fruit, replace them with two sliced bananas. Layer these between the slices of bread.
- Instead of using nutmeg, add the grated zest of an orange to the milk and egg mixture.
- Try making this using different types of bread: Hot cross buns at Easter time, panettone at Christmas – or for something really special, try using sliced croissant.

