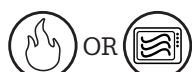


Bread and Butter Pudding

Bread and Butter Pudding is a traditional family favourite which is economical to make because 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 reduced-fat crème fraîche.



Egg, milk, soya, sulphites and wheat (gluten)*

Nutritional information per portion (126g):

Energy	Fat	Saturates	Sugars	Salt
899kJ 214kcal 11%	6.6g 9%	2.1g 10%	14g 15%	0.76g 13%

of an adult's reference intake.
Typical values per 100g: energy 713kJ/170kcal.

Equipment

Weighing scales
Spreading knife
Ovenproof or microwave-safe serving dish (approx. 1 litre)
Chopping board
Bread knife
Measuring spoons
Measuring jug
Fork
Oven gloves
Pan stand

Ingredients

Serves 4
25g unsaturated fat spread
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

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Make sure that the spread is suitable for baking.
- When baked this pudding is crispy and delicious. The microwave version will be pale in colour, so if you're using an ovenproof dish you can place it under the grill for a couple of minutes to give it a browned, crispy finish.
- 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 Proper Homemade Custard recipe on our 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 spread to grease the ovenproof dish and spread the rest on 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, spread 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 for 4½ minutes on full power (timing based on an 800W microwave). Leave to stand for 2 minutes and check that the centre is set. If it is not, return to the microwave and cook for another minute and check again. Alternatively, bake the pudding in the oven for 30 minutes or until set and golden.

Something to try next time

- If you don't like dried fruit, replace it 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.

Prepare now, eat later

- Bread and Butter Pudding is best eaten straight from the oven when it is crisp and delicious.

Skills used include:

Weighing, measuring, beating, spreading, microwaving and baking.