



Bread & Butter Pudding

Ninewells Community Garden

Volunteer Christina has shared her Bread and Butter Pudding recipe with the Ninewells Garden

Ingredients:

2-3 slices of bread

10g butter to spread

1/2 a pint of milk

1 medium egg

25g sugar

25g dried fruit....can be raisins, sultanas, dates, apricots, cranberries, or a mixture, just play around with what you've got in cupboard.

Method:

1. Grease an ovenproof dish
2. Spread your butter onto bread slices and cut into squares. The last of the loaf which has gone a bit stale is ideal and saves food waste.
3. Warm your milk to blood temperature. (I find 2 minutes on low heat in microwave does it but you can warm in a pan on hob)
4. Beat egg in a small bowl or mug
5. Layer your bread in your dish sprinkle with half of sugar and dried fruit then put another layer of bread with butter side up and sprinkle top with rest of sugar. This does not need to be too precise.....more fruit, put some jam on some of your slices and reduce sugar, change the dried fruit, do as you feel. I like apricots so have done it with dried apricots as the fruit and put apricot jam on a slice of the bread and it was very nice.
6. This is the precise bit, the milk has to be warm, but not too warm, as at this point you add a small amount of milk to the egg mix and then put egg mixture into all of milk. This means the egg doesn't curdle. It is then poured over the bread/fruit layers. The bread should be almost covered so using a fork press your bread down under milky mixture if necessary. Leave to sit and soak for at least 30 minutes
7. Pre heat your oven at 180oC or gas Mark 5
8. Cook for 30-45 minutes.....this depends on the depth of your dish etc but the mixture should be custard so if you put a knife into middle you should not see runny egg mixture ...if you do it needs longer in oven. The dish in the photo takes 30 minutes but if I do it in a round casserole dish it takes the 40-45 minutes.

Serve and enjoy with cream, ice cream, evaporated milk, fruit sauce, or as it comes.... the choice is yours.