

Bread and Butter Pudding with Salted Caramel Whiskey Butter Sauce

*Our Best Recipes
Meredith Corporation*

Servings: 12

*1/2 cup raisins
1/2 cup Irish whiskey
5 eggs
2 cups heavy cream
1 cup sugar
1 teaspoon vanilla
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
8 slices firm white bread (12 to 14 ounces)
3/4 cup unsalted butter, room temperature
SALTED CARAMEL
WHISKEY BUTTER SAUCE
1/4 cup unsalted butter, cubed
1/2 cup sugar
1/2 teaspoon sea salt
1 1/4 cups heavy cream*

Preparation Time: 35 minutes

Bake: 45 minutes

In a medium bowl, combine the raisins and whiskey. Let soak for one hour.

Butter a two-quart rectangular baking dish. Set aside.

For the custard: In a large bowl, whisk together the eggs, cream, sugar, vanilla, cinnamon and nutmeg. Generously spread one side of each bread slice with butter. Cut each in half diagonally. Arrange in the prepared baking dish, overlapping the slices. Drain the raisins, reserving the whiskey. Sprinkle the raisins over the bread, tucking some between the slices. Pour the custard over the bread. Cover. Soak in the refrigerator for 30 minutes.

Preheat the oven to 375 degrees.

Place the uncovered baking dish in a large baking pan. Add hot water to halfway up the sides of the dish.

Bake for 45 minutes or until the pudding is set and the top is golden. Carefully remove the baking dish from the water bath. Cool slightly on a wire rack.

For the sauce: In a two-quart saucepan, melt the butter over medium heat. Whisk in the sugar, salt, cream and three tablespoons of the reserved whiskey. Bring to a boil. Reduce the heat. Simmer, uncovered, for 10 to 15 minutes or until slightly thickened, stirring frequently.

Serve the warm pudding with the sauce.

Per Serving (excluding unknown items): 528 Calories; 41g Fat (71.9% calories from fat); 4g Protein; 32g Carbohydrate; trace Dietary Fiber; 218mg Cholesterol; 135mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 8 Fat; 1 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	528
% Calories from Fat:	71.9%
% Calories from Carbohydrates:	24.7%
% Calories from Protein:	3.3%
Total Fat (g):	41g
Saturated Fat (g):	25g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	218mg
Carbohydrate (g):	32g
Dietary Fiber (g):	trace
Protein (g):	4g
Sodium (mg):	135mg
Potassium (mg):	128mg
Calcium (mg):	61mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	1628IU
Vitamin A (r.e.):	443RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	13mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	24
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	8
Other Carbohydrates:	1 1/2

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 528 Calories from Fat: 380

% Daily Values*

Total Fat	41g	64%
Saturated Fat	25g	125%
Cholesterol	218mg	73%
Sodium	135mg	6%
Total Carbohydrates	32g	11%
Dietary Fiber	trace	1%
Protein	4g	

Vitamin A	33%
Vitamin C	1%
Calcium	6%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.