

Caramelized Leek Bread Pudding

*Chef Brian Morris
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Servings: 12

*2 tablespoons butter
2 cups thinly sliced leeks (white and
light green parts only)
4 ounces thinly sliced shiitake
mushrooms, stems removed
3/4 teaspoon coarse salt, divided
3/4 teaspoon freshly ground black
pepper, divided
1 teaspoon brown sugar
1/2 teaspoon freshly grated nutmeg
1 loaf (one pound) ciabatta bread, cut
into one-inch cubes (about 12 cups)
1 bunch green onions, finely chopped
4 eggs
1 1/2 cups grated Gruyere cheese*

Preheat the oven to 350 degrees.

Grease a shallow four-quart baking dish.

Heat the butter in a saute' pan over medium heat. Add the leeks, mushrooms, 1/2 teaspoon of salt, 1/2 teaspoon of pepper, the brown sugar and nutmeg. Cook, stirring occasionally, until the leeks are soft and golden brown, about 30 minutes.

Place the bread cubes on a baking sheet and bake for 15 minutes or until dry and lightly browned.

Combine the leek mixture, bread cubes and remaining ingredients in the prepared dish. Let stand for 20 minutes. Sprinkle with the remaining salt and pepper. (You may cover and refrigerate the bread pudding for up to four hours before baking.)

Bake about one hour or until the pudding is set and golden brown on top.

Remove from the oven and let cool for 10 minutes before serving.

Per Serving (excluding unknown items): 43 Calories; 4g Fat (74.8% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 76mg Cholesterol; 161mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	43
% Calories from Fat:	74.8%
% Calories from Carbohydrates:	5.2%
% Calories from Protein:	20.0%
Total Fat (g):	4g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	76mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	161mg
Potassium (mg):	29mg
Calcium (mg):	12mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	159IU
Vitamin A (r.e.):	41 1/2RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	9mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories	43	Calories from Fat: 32
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% Daily Values*

Total Fat	4g	6%
Saturated Fat	2g	9%
Cholesterol	76mg	25%
Sodium	161mg	7%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	2g	
Vitamin A		3%
Vitamin C		0%
Calcium		1%
Iron		2%

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