Cinnamon-Raisin Bread Pudding

Relish Magazine - November 2010

Servings: 10

butter for greasing a pan
1 loaf (one pound) artisan white bread, cubed
2 teaspoons ground cumin
1 1/2 cups raisins
4 cups whole milk
3/4 cup granulated sugar
2 tablespoons dark corn syrup
1 tablespoon vanilla extract
7 eggs, slightly beaten
vanilla frozen yogurt (optional)

Preheat oven to 325 degrees.

Grease a 13x9-inch baking dish with butter. Place bread in the dish and sprinkle with cinnamon and raisins.

In a saucepan, combine the milk, sugar and corn syrup. Heat over medium heat until milk small bubbles form around the edge of the pan. Remove from the heat and stir in the vanilla.

Slowly pour the hot milk mixture over the eggs, whisking constantly. Pour the mixture over the bread and cover with foil.

Place the bread pudding dish on a rimmed baking sheet in the oven. Pour water on the baking sheet to create a water bath.

Bake 30 to 45 minutes, until the custard has just set. Test by inserting a knife into the center to be sure the custard is thoroughly cooked.

Serve with frozen yogurt, if desired.

Per Serving (excluding unknown items): 252 Calories; 7g Fat (24.1% calories from fat); 8g Protein; 41g Carbohydrate; 1g Dietary Fiber; 162mg Cholesterol; 107mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 1/2 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates.