

Bread Pudding (Momon Latour with Andre's notes)

Bread Pudding Ingredients:

12 slices or one loaf French bread (or 8 hamburger buns)
3 cups milk, scalded* (tip: do this first to give time to cool)
3 cups sugar
8 eggs
1 stick butter (melted)
6 teaspoons vanilla
(Optional- I used a pinch of cinnamon and nutmeg)

Instructions

Preheat oven 350° (400 in Lubbock)
Scald milk - 180° (*instructions below), put aside to cool (20-30 min)
Butter up two – 2-quart casseroles
Put bread chunks in a large bowl.
Scramble 8 large eggs in a bowl. Add 6 teaspoons Vanilla extract. Add sugar. Add melted stick of butter. Add not too hot scalded milk. Mix on low setting (about 1 minute). Pour mixture over bread chunks and lightly stir to soak bread chunks. Cover with cling-wrap for about 15 minutes, stir, and then let sit for another 15 minutes.

Pour bread mixture into the two casseroles (two 2-quart casseroles) and spread evenly. (The recipe calls for putting casseroles in a pan of water and to cover with foil – I do not do this process, but if you want less crust on the top, use the foil). Cook at 350°F (400°F 1 ½ hr. in Lubbock) for one hour, then uncover and bake for another 30 minutes or until the top begins to get brown. Take out, let cool for 30 minutes. (I usually cook uncovered for 1 hr., then check every 10 minutes until done. I like the top a little crispy, and the middle dry to a toothpick in the middle)

Shopping List for Pudding & Rum Sauce

Bread – 12 slices = 1 loaf French bread = 8 hamburger buns
Milk – Total 4 cups = ¼ gallon = 32 fl. oz
Pet/Evaporated Milk – 1 cup = 8 fl. oz. (I think they come in 5 fl. Oz these days)
Sugar – Total 4 cups
Eggs - 8
Butter – Total 2 sticks
Vanilla – 6 teaspoons
Cornstarch – 1 ½ tablespoons
Rum – 2 oz.
Yellow food coloring – 3-4 drops

Rum Sauce

Rum Sauce Ingredients

1 cup Pet/Evaporated milk
1 cup fresh milk
1 cup sugar
1 ½ tablespoons cornstarch
3 tablespoons butter (I use 4 tablespoons)
2 oz. Rum (or more to taste – I use Bacardi clear/white rum)
3 or 4 drops yellow food coloring

Instructions

Dissolve the cornstarch in some of the milk while heating. Add butter. Heat milk, sugar and butter till very warm. Stir till thick (I stir constantly for about 5 minutes so sugar doesn't stick to the bottom of the pot). Remove from fire and add rum and food coloring.

* How to Scald Milk: Pour your milk into a medium saucepan with a thick bottom that will allow you to cook evenly and avoid hot spots and scorching. Place your saucepan on the stove and turn the heat to medium. Stir the milk frequently, to prevent filming, until bubbles form around the edge and the milk starts giving off steam (180°F). When the milk starts bubbling, remove the pan from heat. Before you use the scalded milk in a recipe, let it cool down until it reaches 110 degrees F. Once the milk has cooled down, you can proceed with the recipe. Although it's no longer necessary to scald milk for pasteurization, there's still merit in the practice. In yogurt making, for example, scalded milk removes unnecessary protein during dairy fermentation. Scalded milk is especially useful for baking, where it adds airiness and bounce to yeast-based breads and cakes. Scalded milk can also help butter melt and sugar dissolve faster, creating a more uniform dough or batter. Additionally, using scalded milk in a baking recipe will bring out more essence from flavor agents like cinnamon, citrus, and vanilla beans.

