
Bread Pudding with Bourbon Sauce



I found this very simple and delicious recipe in an Ebony cookbook. Use stale bread and you can't go wrong. I make this recipe at least once a year as desert to go along with my sea food and sausage gumbo for my annual Black History - Mardi Gras dinner.

1 French bread loaf, stale
1 quart milk
3 large eggs
3/4 cup sugar
1 tablespoon vanilla extract
1/4 teaspoon ground nutmeg
3/4 cup raisin
2 tablespoons butter or margarine, cut in small cubes
For Bourbon Sauce
1 stick butter or margarine
3/4 cup sugar
1 large egg, lightly beaten
2 tablespoons bourbon, or to taste
1/2 cup pecan halves

Heat oven to 350 degrees

In large bowl, place bread torn or cut into 1 inch pieces.

Pour milk over bread; let bread soak.

Meanwhile, in medium-size bowl, beat eggs, sugar, vanilla, and nutmeg.

Add to milk-soaked bread.

Stir to mix well.

Add raisins and butter; stir to mix well.

Pour mixture into well-buttered 13-by-9-inch baking dish.

Bake for 1 hour.

Serve warm or cool with Bourbon Sauce.

For Bourbon Sauce:

In top of double boiler or in saucepan placed over a pan of boiling water, melt butter.

Stir in sugar; heat until sugar dissolves.

Add egg, stirring constantly, until mixture thickens.

Stir in bourbon a tablespoon at a time until you can just taste it.

Stir in the pecans; let cool.

Per Serving (excluding unknown items): 5078 Calories; 216g Fat (38.2% calories from fat); 103g Protein; 683g Carbohydrate; 22g Dietary Fiber; 1191mg Cholesterol; 4650mg Sodium. Exchanges: 17 Grain(Starch); 3 1/2 Lean Meat; 5 1/2 Fruit; 4 Non-Fat Milk; 39 1/2 Fat; 20 Other Carbohydrates.