

Triple Berry Bread Pudding

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About this recipe: In New Orleans, bread pudding has been recorded in cookbooks since at least 1885. In later years, sugar was added to the pudding by taste. The sugar was utilized for the sauce and not incorporated into the dessert at all until later into the 19th century. Originally, only stale bread would be used, but more recent recipes may utilize fresh French bread or croissants. This was used because the fluffy part of the bread would reach the point where it can give the pudding its proper due and heft. If you're not in Louisiana, try to find French baguettes and soak the torn bread pieces in the egg and milk mixture for an hour until it pierces the harder crust and softens it somewhat. The ingredients may vary due to many different recipe interpretations, but any added fruit to the pudding can be substituted. Chopped dates, apples, berries, walnuts, pineapples, and fresh peaches are appropriate additions. Some of the oldest Creole recipes call for currants. Original recipes include fruit being soaked in a rum sauce but is not necessary. A modern twist is pairing the bread pudding with ice cream or whipped cream.

Can help with side effects: If bread pudding is made without fruit or with soft, cooked berries, it can be used as a soft option for those that may have a sore throat. This is an energy dense recipe that will help with unintentional weight loss. The berries include antioxidants and phytochemicals that protect the body from cell damage and decrease the risk of aerodigestive cancers (mouth, pharynx, esophageal, lung, stomach, colorectal). This recipe of course will not include the rum sauce.

Servings: 6-8 servings Serving Size: ½ cup

Ingredients:

- 1 large loaf of French bread from supermarket
- 4 eggs (whole)
- 6 eggs (yolks only)
- 4 cups heavy whipping cream
- 1 cup milk
- 1 cup granulated sugar
- 1 teaspoon vanilla extract
- 2 teaspoons ground cinnamon
- 1 pint each – blackberries, blueberries, and raspberries (optional to add or use other chopped fruit or berries; i.e.: peaches, strawberries, pears).

Instructions:

1. In a large bowl, cut or break apart the French bread into 1 inch cubes. Set aside. Preheat oven to 350 F.
2. Rinse the berries and drain well. Set aside.
3. In a separate bowl, combine the 10 eggs (4 whole and 6 yolks).
4. In a medium saucepan and medium heat, combine heavy whipping cream, milk, sugar, vanilla, and cinnamon.
5. Heat until just about to boil (you should see steam coming up). Stir often to prevent scorching. Remove saucepan from heat.
6. Slowly stir in the egg mixture. You want to be sure that eggs don't actually cook or scramble in the milk mixture.
7. Grease a large rectangle baking dish or a deep aluminum roasting pan with butter, margarine, or olive oil cooking spray.
8. Begin by placing a layer of French bread cubes; sprinkle berries and repeat like lasagna.
9. Evenly pour or spoon the liquid mixture over the bread and berries.
10. Cover and refrigerate at least 2 hours or overnight is even better (optional).
11. Bake the bread pudding for 1 hour and 15 minutes.
12. Check for doneness by piercing the bread pudding in the middle with a fork. Just like baking a cake, the fork should come out clean and not wet. If not done, bake an additional 5 minutes at a time until done.
13. Remove from oven and allow to cool fully.
14. Refrigerate overnight if possible.
15. When ready to serve the Triple Berry Bread Pudding, cut a nice square and reheat in microwave for 1 minute.
16. Serve with whipped cream or ice cream and garnish with berries.

Per serving: 470 calories, 8 g protein, 63 g carbs/3 g fiber, 21 g fat