

Bourbon Bread Pudding: An Ending to my Practice Thanksgiving

Vegetarian







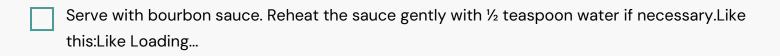
DESSERT

Ingredients

U.8 cup bourbon divided ()
2 teaspoon cornstarch
1 cup currants
1.8 cup granulated sugar divided ()
O.3 teaspoon ground all spice
2 cup heavy cream divided ()

0.3 teaspoon kosher salt

	8 cup rustic bread stale cut into 1-inch cubes)	
	1 tablespoon butter unsalted softened ()	
	2 tablespoon vanilla extract	
	3 cup milk whole	
Equipment		
	bowl	
	sauce pan	
	oven	
	whisk	
	wire rack	
	baking pan	
Directions		
	Heat ½ cup bourbon in a medium saucepan set over medium-low heat until warm.	
	Place the currants or raisins in a small bowl and pour the warm bourbon on top; let stand at least 1 hour or overnight. Make the bourbon sauce: In a small saucepan set over medium heat bring 1-cup cream to a simmer. In a small bowl whisk cornstarch and 2 tablespoons of the warm cream together to create a slurry; slowly whisk the slurry into the remaining warm cream. Bring the mixture to a boil, whisking constantly. Once it boils add the ¼ cup sugar and reduce heat to very low.	
	Whisk constantly until thickened, about 3 minutes.	
	Remove from heat; stir in remaining ¼ cup bourbon. Set aside to cool completely. Make the bread pudding: Preheat oven to 350 degrees. In a large bowl stir together bread, milk, and remaining 1-cup cream. In a medium bowl whisk the eggs, remaining 1½ cups sugar, vanilla, salt, and all spice until well combined; add to bread mixture. Stir in the currants or raisins and the bourbon they soaked in. Butter a 2-quart shallow baking dish in oven.	
	Pour in bread mixture, spreading it evenly across the bottom of the baking dish.	
	Bake in the heated oven until bread cubes are browned and custard is cooked, about 40 minutes.	
	Let cool completely on a wire rack.	



Nutrition Facts

PROTEIN 4.54% FAT 48.28% CARBS 47.18%

Properties

Glycemic Index:13.59, Glycemic Load:23.63, Inflammation Score:-5, Nutrition Score:5.4513042957886%

Nutrients (% of daily need)

Calories: 473.35kcal (23.67%), Fat: 23.93g (36.82%), Saturated Fat: 14.45g (90.33%), Carbohydrates: 52.62g (17.54%), Net Carbohydrates: 51.42g (18.7%), Sugar: 46.72g (51.91%), Cholesterol: 54.65mg (18.22%), Sodium: 157.58mg (6.85%), Alcohol: 5.76g (100%), Alcohol %: 4.07% (100%), Protein: 5.07g (10.13%), Vitamin A: 720.06IU (14.4%), Vitamin B2: 0.2mg (11.84%), Calcium: 112.89mg (11.29%), Phosphorus: 104.5mg (10.45%), Vitamin D: 1.32µg (8.82%), Potassium: 267.76mg (7.65%), Vitamin B12: 0.39µg (6.58%), Vitamin B1: 0.09mg (5.91%), Vitamin B3: 1.14mg (5.68%), Fiber: 1.19g (4.77%), Magnesium: 17.94mg (4.49%), Vitamin B6: 0.09mg (4.37%), Iron: 0.69mg (3.81%), Selenium: 2.63µg (3.76%), Folate: 14.6µg (3.65%), Manganese: 0.07mg (3.48%), Vitamin B5: 0.34mg (3.36%), Zinc: 0.44mg (2.93%), Vitamin E: 0.44mg (2.9%), Copper: 0.05mg (2.41%), Vitamin K: 1.93µg (1.84%)