

COOK BOOK

Delicate Bread Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



727 kcal

DESSERT

Ingredients

- ☐ 25 ounces day-old brioche sliced
- ☐ 3 large eggs separated
- ☐ 1 orange juice grated to taste
- ☐ 0.5 cup wine dry white
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar to taste
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water

- ☐ 4 cups milk whole at room temperature

Equipment

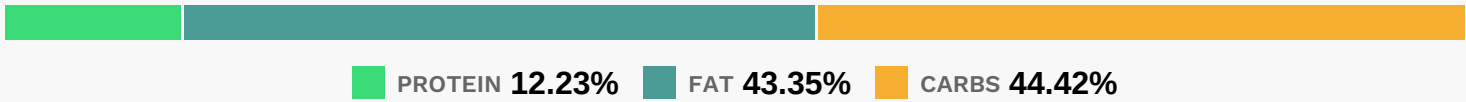
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ ramekin
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ To make the puddings, heat the oven to 350 degrees. Butter six 10-ounce ramekins.
- ☐ Combine the brioche and milk in a saucepan and let sit for 10 minutes.
- ☐ Place the saucepan over medium-high heat, and when bubbles form around the edges of the milk, remove from the heat.
- ☐ In a mixer fitted with a paddle (or in a bowl with a hand mixer), beat together the egg yolks and sugar until light and pale. Lightly beat the hot bread mixture into the eggs. It will break up into chunks, but don't let it turn to mash.
- ☐ Whisk the whites with the salt in the clean mixer bowl (or a large bowl) until they hold soft peaks. Beat in the vanilla. Fold the whites into the bread mixture. Ladle the pudding mixture into the ramekins. Set the ramekins in a baking dish just large enough to hold them, and pour enough boiling water into the dish to come halfway up the sides of the ramekins.
- ☐ Bake the puddings until a cake tester inserted in the center comes out clean, 25 to 35 minutes.
- ☐ Remove from the water bath.
- ☐ Combine the sugar, orange zest, orange juice, and water in a small saucepan, bring to a boil, and cook for 5 minutes.

- ☐
- Remove from the heat and stir in the white wine. Taste and adjust the orange juice and sugar, if desired.
- ☐
- To serve, invert the puddings into shallow bowls, and spoon a little sauce over and around each.
- ☐
- JANUARY 7, 1877: "THE HOUSEHOLD: RECEIPTS FOR THE TABLE." RECIPE SIGNED GOOD HOUSEKEEPER.—1877
- ☐
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Nutrition Facts



Properties

Glycemic Index:29.18, Glycemic Load:15.13, Inflammation Score:-6, Nutrition Score:9.7273913706126%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 727.08kcal (36.35%), Fat: 34.71g (53.39%), Saturated Fat: 19.05g (119.05%), Carbohydrates: 80g (26.67%), Net Carbohydrates: 79.98g (29.08%), Sugar: 25.67g (28.52%), Cholesterol: 314.51mg (104.84%), Sodium: 646.89mg (28.13%), Alcohol: 2.29g (100%), Alcohol %: 0.74% (100%), Protein: 22.04g (44.07%), Vitamin A: 1430.83IU (28.62%), Calcium: 285.86mg (28.59%), Phosphorus: 219.13mg (21.91%), Vitamin B2: 0.35mg (20.5%), Vitamin B12: 1.1µg (18.35%), Selenium: 10.9µg (15.57%), Vitamin D: 2.29µg (15.26%), Vitamin B5: 1.02mg (10.18%), Iron: 1.7mg (9.46%), Potassium: 314.02mg (8.97%), Vitamin B6: 0.16mg (7.8%), Vitamin B1: 0.11mg (7.41%), Zinc: 1.02mg (6.83%), Magnesium: 26.09mg (6.52%), Vitamin C: 5mg (6.06%), Folate: 14.95µg (3.74%), Vitamin E: 0.35mg (2.32%), Manganese: 0.04mg (2.03%), Copper: 0.03mg (1.64%), Vitamin B3: 0.25mg (1.27%)