



Farmhouse Cheese and Caraway Soda Bread Puddings

READY IN



4500 min.

SERVINGS



8

CALORIES



326 kcal

Ingredients

- 0.8 teaspoon baking soda
- 1 cup buttermilk well-shaken
- 1 tablespoon caraway seeds
- 4 large eggs
- 2 cups flour for dusting all-purpose plus more
- 0.3 cup parmesan grated
- 0.5 teaspoon salt
- 1.3 cups cheddar cheese white grated
- 2 tablespoons butter unsalted melted

- 2.5 cups milk whole

Equipment

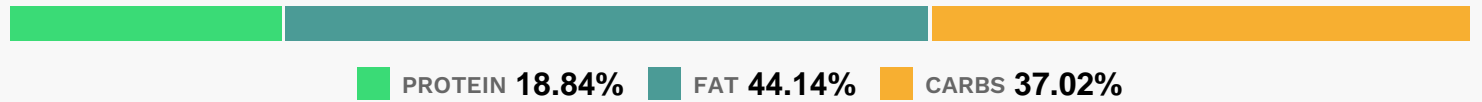
- bowl
- baking sheet
- oven
- knife
- whisk
- sieve
- ramekin
- baking pan

Directions

- Preheat oven to 375°F with rack in middle.
- Whisk together flour, baking soda, salt, and caraway in a large bowl.
- Add buttermilk and butter. Stir just until dough is evenly moistened but still lumpy.
- Transfer dough to a well-floured surface and turn dough to coat with flour. Gently knead with floured hands about 8 times to form a soft but slightly less sticky dough.
- Form into a domed 6-inch round and put on an ungreased baking sheet.
- Cut a 1/2-inch-deep "X" across top of each loaf with a sharp knife. Using a small sieve, dust 1 tablespoon of additional flour over loaf.
- Bake in middle of oven until golden brown and bottom sounds hollow when tapped, 35 to 40 minutes.
- Transfer loaf to a rack and cool completely.
- Preheat oven to 350°F with rack in middle. Butter ramekins or baking dish.
- Cut enough bread into 1-inch cubes to measure 3 3/4 cups (about half the loaf; reserve remaining bread for another use.) Divide bread among ramekins (or spread in larger baking dish).
- Whisk together eggs, milk, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Stir in cheese and spoon over bread in ramekins or baking dish.

- Let stand 10 minutes.
- Put ramekins or baking dish in a larger baking pan and add enough hot water to come halfway up sides of ramekins or dish.
- Bake until just set and a knife inserted in center comes out clean, about 35 minutes.
- Transfer ramekins or dish from hot water bath to a rack and cool 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:19.2, Inflammation Score:-5, Nutrition Score:13.097826193208%

Nutrients (% of daily need)

Calories: 325.73kcal (16.29%), Fat: 15.88g (24.42%), Saturated Fat: 8.52g (53.28%), Carbohydrates: 29.96g (9.99%), Net Carbohydrates: 28.83g (10.48%), Sugar: 5.4g (6%), Cholesterol: 132.76mg (44.25%), Sodium: 510.59mg (22.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.25g (30.5%), Selenium: 26.65µg (38.08%), Calcium: 314.9mg (31.49%), Vitamin B2: 0.52mg (30.45%), Phosphorus: 293.42mg (29.34%), Vitamin B1: 0.32mg (21.43%), Folate: 74.54µg (18.64%), Vitamin B12: 1µg (16.71%), Vitamin D: 1.9µg (12.69%), Vitamin A: 599.53IU (11.99%), Manganese: 0.24mg (11.85%), Zinc: 1.75mg (11.64%), Iron: 2.07mg (11.52%), Vitamin B5: 1.01mg (10.09%), Vitamin B3: 2.02mg (10.08%), Magnesium: 30.18mg (7.54%), Potassium: 250.29mg (7.15%), Vitamin B6: 0.13mg (6.57%), Fiber: 1.13g (4.51%), Copper: 0.09mg (4.28%), Vitamin E: 0.58mg (3.86%), Vitamin K: 1.21µg (1.15%)