



Pumpkin Bread Pudding with Spicy Caramel Apple Sauce and Vanilla Bean Creme Anglaise

READY IN



340 min.

SERVINGS



8

CALORIES



1154 kcal

DESSERT

Ingredients

- 1 tablespoon apple schnapps
- 1 tablespoon apple cider vinegar
- 0.5 cup apple juice
- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 2 tablespoons bourbon
- 0.3 cup cane sugar pure
- 1 cup pumpkin puree pure canned

- 2 cinnamon sticks
- 5 large egg yolks
- 6 large egg yolks
- 2 large eggs
- 1.8 cups flour all-purpose
- 1 inch ginger fresh peeled chopped
- 0.5 cup granulated sugar
- 1.5 cups granulated sugar
- 0.5 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 0.1 teaspoon ground nutmeg
- 0.5 teaspoon ground nutmeg
- 2 cups half-and-half
- 1 cup heavy cream
- 2 cups heavy cream
- 3 tablespoons maple syrup pure
- 8 ounces pumpkin puree unsweetened canned (scant 1 cup)
- 0.5 teaspoon salt fine
- 1 star anise
- 1.5 cups sugar
- 4 tablespoons butter unsalted softened plus more for greasing
- 0.5 vanilla pod
- 1 vanilla pod
- 0.3 cup vegetable oil
- 0.5 cup water
- 0.7 cup water
- 8 servings freshly whipped cream
- 1 cup milk whole

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- pot
- blender
- loaf pan
- toothpicks
- roasting pan
- wooden spoon
- glass baking pan

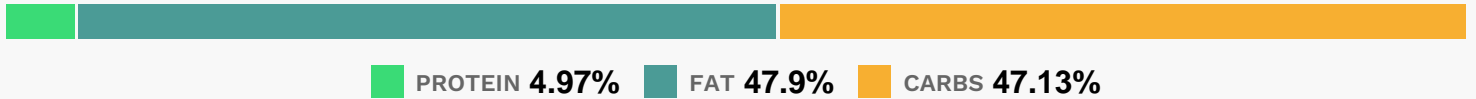
Directions

- Preheat the oven to 325 degrees F.
- Combine the cream, milk, vanilla bean and seeds in a small saucepan over medium heat and bring to a simmer.
- Whisk together the yolks, sugar, maple syrup, and pumpkin puree in a large bowl. Slowly whisk in the hot cream mixture until combined, remove the vanilla pod, and whisk in the bourbon. Strain the custard into a clean bowl.
- Scatter the pumpkin bread cubes in a buttered 9 by 13-inch baking glass baking dish.
- Pour the custard over the bread, pressing down on the bread to totally submerge it in the custard.
- Let sit for 15 minutes to allow the bread to soak up some of the custard.
- Place the pan in a larger roasting pan and pour hot tap water into the roasting pan until it comes half way up the sides of the glass dish.
- Bake until the sides are slightly puffed and the center jiggles slightly, about 1 hour.

- Remove from the oven and water bath and cool on a baking rack for at least 30 minutes before serving.
- Spoon some of the Vanilla Bean Creme Anglaise into a shallow bowl, top with some of the bread pudding and drizzle with the Spicy Caramel Apple Sauce. Top with freshly whipped cream. Bread pudding is best served warm.
- Preheat the oven to 350 degrees F. Butter or lightly spray the bottom and sides of a 9-inch loaf pan with nonstick cooking spray.
- Whisk together the flour, salt, baking soda, baking powder, allspice, cinnamon, nutmeg, and cloves in a small bowl.
- In the bowl of a standing mixer fitted with the paddle attachment, beat the 4 tablespoons softened butter, sugar, and oil at high speed until light and fluffy, about 1 minute, scraping down the sides and bottom of the bowl a few times.
- Add the pumpkin puree and mix until combined.
- Add the eggs, one at a time, and mix until just incorporated. At low speed, slowly add the flour mixture and water and mix until just combined.
- Spread the batter into the prepared pan and bake until a toothpick inserted into the center comes out clean, about 60 to 75 minutes.
- Let cool in the pan on a baking rack for 10 minutes.
- Remove from the pan and let cool completely.
- Once the bread is cool, slice in half lengthwise, and then slice each half into 1/2-inch cubes.
- Spread the cubes on a large baking sheet and bake in a 325 degree oven until lightly toasted, turning once, about 20 minutes.
- Let cool.
- Bring the half-and-half and vanilla bean and seeds to a simmer in a medium saucepan.
- Whisk together the yolks and sugar in a medium bowl until at the pale ribbon stage. Slowly whisk in the hot half-and-half, return the mixture to the pot, and cook over medium heat, stirring constantly with a wooden spoon, until the mixture coats the back of the spoon. Strain into a bowl and set over an ice bath. Stir until chilled. Cover and refrigerate at least 1 hour before serving.
- Combine the cream, apple juice, star anise, ginger, cloves, cinnamon sticks, and nutmeg in a small saucepan and bring to a simmer.
- Remove from the heat and let steep for at least 20 minutes. Strain the mixture into a clean, small saucepan and place back over low heat while you make the caramel.

- Combine the sugar, water and, vinegar in a medium saucepan over high heat and cook without stirring, until it's a deep amber color, about 8 minutes. Slowly whisk in the warm cream mixture a little at a time, and continue whisking until smooth.
- Add the apple schnapps and cook for 30 seconds longer.
- Transfer to a bowl and keep warm. The sauce can be made 2 days in advance and refrigerated. Reheat over low heat before serving.

Nutrition Facts



Properties

Glycemic Index:111.2, Glycemic Load:85.71, Inflammation Score:-10, Nutrition Score:23.788260957469%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 1153.65kcal (57.68%), Fat: 62.39g (95.98%), Saturated Fat: 33.62g (210.15%), Carbohydrates: 138.09g (46.03%), Net Carbohydrates: 134.83g (49.03%), Sugar: 111.17g (123.52%), Cholesterol: 444.25mg (148.08%), Sodium: 419.79mg (18.25%), Alcohol: 1.25g (100%), Alcohol %: 0.33% (100%), Protein: 14.57g (29.15%), Vitamin A: 11380.25IU (227.61%), Vitamin B2: 0.8mg (47.02%), Selenium: 32.44µg (46.34%), Manganese: 0.77mg (38.64%), Phosphorus: 322.39mg (32.24%), Calcium: 266.04mg (26.6%), Vitamin K: 27.16µg (25.86%), Folate: 103.32µg (25.83%), Vitamin B1: 0.34mg (22.74%), Vitamin D: 3.4µg (22.7%), Vitamin E: 3.17mg (21.11%), Iron: 3.36mg (18.64%), Vitamin B5: 1.8mg (18.05%), Vitamin B12: 1.02µg (16.98%), Potassium: 465.73mg (13.31%), Fiber: 3.26g (13.04%), Vitamin B6: 0.24mg (11.97%), Zinc: 1.7mg (11.36%), Magnesium: 44mg (11%), Vitamin B3: 2.06mg (10.3%), Copper: 0.17mg (8.61%), Vitamin C: 3.95mg (4.79%)