

# City of Maple Ridge's **LET'S COOK!** FOOD PHOTO CONTEST



## EUROPEAN BAKERY

# BREAD PUDDING SOUFFLE & WHISKEY SAUCE

## INGREDIENTS

### BREAD PUDDING

- 3/4 cup sugar
- 1 tsp. ground cinnamon
- Pinch of nutmeg
- 3 medium eggs
- 1 cup heavy cream
- 1 tsp. vanilla
- 5 cups New Orleans French bread, 1" cubed \*see note at bottom
- 1/3 cup raisins
- (18: in length or approximately 1 1/13 g/ sliced thin)

\*Note: New Orleans French bread is very light and tender. IF substitute bread is used that is too dense, it will soak up all the custard and the recipe will not work.

### WHISKEY SAUCE

- 1 cup heavy cream
- 1/2 tbsp. corn starch
- 1 tbsp. Water
- 3 tbsp. Sugar
- 1/4 cup bourbon

### MERINGUE

- 9 medium egg white
- 3/4 cups sugar
- 1/4 tsp. Cream of tartar

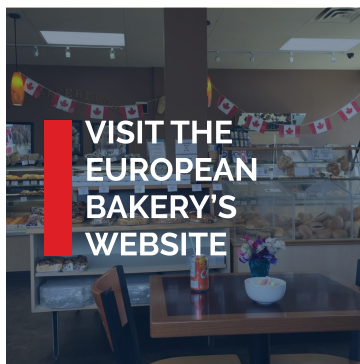
## INSTRUCTIONS

To make the bread pudding, first preheat the oven to 350 degrees. Grease 8" square baking pan. Combine sugar, cinnamon, and nutmeg in a large bowl. Beat in the eggs until smooth, then work in the heavy cream. Add the vanilla then the bread cubes. Allow bread to soak up custard.

Instructions continued on following page...



**RETURN TO  
CONTEST  
DETAILS &  
OTHER RECIPES**



**VISIT THE  
EUROPEAN  
BAKERY'S  
WEBSITE**



**SEE OUR  
CANADA DAY  
2021 WEBSITE**

## INSTRUCTIONS CONTINUED

Place the raisins in a greased pan. Top with the egg mixture, which prevents the raisins from burning. Bake for approximately 25-30 minutes or until the pudding has a golden-brown colour and is firm to the touch. If a toothpick inserted in the pudding comes out clean, it is done. The moisture of pudding should be nice and moist, not runny or dry. Cool to room temperature

To make the whiskey sauce, place the cream in a small saucepan, over medium heat, and bring to a boil. Whisk corn starch and water together, and add to cream while whisking. Bring to a boil. Whisk and let simmer for a few seconds taking care not to burn the mixture on the bottom. Remove from heat. Stir in the sugar and the bourbon. Taste to make sure the sauce has a thick consistency, a sufficiently sweet taste and a good bourbon flavour. Coll to room temperature.

To make the meringue, preheat oven to 350 degrees. Butter six – 6-ounce ramekins. First, be certain that the bowl and whisk are clean. The egg whites should be completely free of yolk, and they will whip better if the chill is off them. Tis dish needs a good still meringue. In a large bowl or mixer, whip egg whites and cream of tartar until foamy. Add the sugar gradually, and continue whipping until shiny and thick. Test with a clean spoon. If the whites stand up stiff live shaving cream, when you pull out the spoon, the meringue is ready. Do not overwhip or the whites will break down and the souffle will not work

In a large bowl, break half the bread pudding into pieces using your hands or a spoon. Gently fold in one-quarter of the meringue, being careful not to lose the air in the whites. Add a portion of this base to each of the ramekins.

Place the remaining bread pudding in the bowl, break into pieces, and careful fold in the rest of the meringue. Top off the souffles with this lighter mixture to about 1 ½ inches. Smooth and shape tops with spoon into a dome over the ramekin rim. Bake immediately for approximately 20 minutes or until golden brown. Serve immediately. Using a spoon, poke a hole in the top of each souffle at the table and pour the room temperature whiskey sauce inside the souffle.



MAPLE RIDGE

British Columbia

[mapleridge.ca/1744](http://mapleridge.ca/1744)