
Arcadian Bread Pudding

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ROASTED PECAN RUM SAUCE

1/2 cup pecan halves
2 cups heavy whipping cream
4 tablespoons sugar
4 tablespoons light rum
1 tablespoon cornstarch
1 tablespoon water
1 teaspoon orange zest

BREAD PUDDING

6 cups day-old French bread, cubed
4 eggs
1 1/2 cups sugar
1/2 teaspoon ground nutmeg
1 teaspoon ground cinnamon
3 1/2 cups milk
1/2 cup (one stick) unsalted butter, melted

Make the Roasted Pecan Rum Sauce: Preheat the oven to 350 degrees.

Place the pecans on a baking sheet.

In a heavy saucepot over medium heat, cook the cream for 3 minutes. Add the sugar and rum. Whisk the mixture until the sugar is dissolved.

Stir together the cornstarch and water in a cup. Add this mixture to the cream. Stir for 2 to 3 minutes or until the mixture is thickened.

Stir in the orange zest and pecans.

Make the Bread Pudding: Place the French bread in a buttered 8 x 12-inch baking dish.

In a separate bowl, beat the eggs and sugar on high speed with a mixer for 3 to 4 minutes. Add the nutmeg, cinnamon, milk and butter. Beat on low speed.

Pour the milk-egg mixture over the French bread. Let sit for one hour and 30 minutes.

Bake for 20 minutes, then lower the temperature to 300 degrees. Bake an additional 20 minutes or until puffy and brown.

Top with the Roasted Pecan Rum Sauce.

Dessert

Per Serving (excluding unknown items): 4755 Calories; 307g Fat (58.4% calories from fat); 68g Protein; 424g Carbohydrate; 6g Dietary Fiber; 1741mg Cholesterol; 890mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 0 Fruit; 5 Non-Fat Milk; 58 Fat; 23 1/2 Other Carbohydrates.