

Bourbon Bread Pudding with Bourbon Caramel Sauce

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Servings: 8

*1 tablespoon butter, softened
bourbon caramel sauce (see recipe for
Bourbon Caramel Sauce)
1 cup half-and-half or light cream
3 eggs
1 teaspoon vanilla
3 cups butternut squash, peeled and
cut in 3/4-inch cubes
1/4 cup packed brown sugar
1 teaspoon ground cinnamon
2 cups stale or dried whole wheat
bread cubes
1 pear, peeled (if desired), cored, and
cut into 3/4-inch pieces
1/3 cup dried cranberries
1 pear, sliced and/or chopped
fresh mint and cranberries (optional)*

Preparation Time: 1 hour 30 minutes

Preheat the oven to 350 degrees.

Brush a 1-1/2 quart baking dish with softened butter.

Prepare the Bourbon Caramel Sauce. Set aside to cool slightly.

In a four-cup liquid measuring cup, combine the half-and-half, eggs and vanilla. Whisk to combine. Whisk in 3/4 cup of the Bourbon Caramel Sauce. Set aside.

In a large bowl, toss the squash with the brown sugar and cinnamon. Add the whole wheat bread, pear and cranberries. Toss to combine. Place in the prepared dish. Slowly and evenly pour the egg mixture over the top. Let stand for 5 minutes.

Bake the bread pudding for one hour. Remove from the oven and let cool for 10 minutes.

Top with fresh pear, mint and cranberries, if desired. Reheat the remaining sauce. Drizzle some sauce over the bread pudding and pass the remaining sauce.

Per Serving (excluding unknown items): 117 Calories; 4g Fat (25.9% calories from fat); 3g Protein; 20g Carbohydrate; 2g Dietary Fiber; 83mg Cholesterol; 46mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.