

Bread Pudding with Whiskey Sauce

*Chef David Rude's Signature Recipe
Ruth's Chris Steak House*

BREAD PUDDING

2 loaves (8 ounce ea) French bread,
cut into 1/2-inch cubes, toasted
1 quart milk
1 quart half and half
12 eggs, beaten
2 1/2 cups sugar
1 cup light brown sugar
2 sticks sweet butter
1 cup raisins
1 apple, peeled, cored and cut into
1/2-inch dice
1 tablespoon cinnamon
1/4 teaspoon nutmeg
pinch of salt
2 tablespoons vanilla extract
2 tablespoons bourbon
SWEET CREAM

6 cups heavy cream
1 1/2 cups sugar
30 egg yolks, fresh (out of shell)
1 1/2 cups sugar
1 tablespoon vanilla extract
WHISKEY SAUCE

2 quarts Sweet Cream
1 cup Jack Daniels whiskey

Preheat the oven to 375 degrees.

In a bowl, combine the sugars. divide in half and set one half aside.

Add the cinnamon, eggs, vanilla, bourbon and salt to the remaining half.

In a saucepan, combine the milk and butter with the set aside half of the sugar mixture.. Bring to a boil.

Whisk the milk mixture into the egg mixture. Add the raisins and apples. Add the bread cubes and let stand until soaked through to the center.

Stir in a few raisins from the bottom and sprinkle a few on top.

Pour into a buttered baking dish (13x10x3-inch).

Bake for 45 minutes.

Serve warm with vanilla ice cream or whiskey sauce.

For the Sweet Cream: Place the cream and 1-1/2 cups of sugar in a tall stockpot. Mix well and heat until it starts to boil. (Be careful so that the cream will not boil over.)

In a stainless steel bowl, crack the eggs and save the yolks. Discard the whites. Add 1-1/2 cups of sugar and the vanilla until well blended and the sugar is dissolved.

Whisk the simmering cream into the egg mixture.

Transfer the mixture to the top half of a stainless steel double boiler.

Cook for 8 to 12 minutes (until the sauce thickens and coats the back of the spatula) stirring constantly. With a spatula, pull the sauce away from the sides and folding it back into the center of the bowl. The temperature should reach 165 - 175 degrees.

Pass through a fine china cap strainer into a one gallon container.

Per Serving (excluding unknown items): 20341 Calories; 1239g Fat (54.2% calories from fat); 298g Protein; 2062g Carbohydrate; 41g Dietary Fiber; 6665mg Cholesterol; 8568mg Sodium. Exchanges: 31 Grain(Starch); 9 1/2 Lean Meat; 9 Fruit; 12 Non-Fat Milk; 240 1/2 Fat; 83 Other Carbohydrates.

Place in an ice bath to cool. Once cooled, refrigerate.

For the whiskey sauce: Measure out the sweet cream and Jack Daniels. Whip together well. Refrigerate.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	20341	Vitamin B6 (mg):	3.4mg
% Calories from Fat:	54.2%	Vitamin B12 (mcg):	21.1mcg
% Calories from Carbohydrates:	40.1%	Thiamin B1 (mg):	6.9mg
% Calories from Protein:	5.8%	Riboflavin B2 (mg):	13.3mg
Total Fat (g):	1239g	Folacin (mcg):	1332mcg
Saturated Fat (g):	741g	Niacin (mg):	48mg
Monounsaturated Fat (g):	366g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	57g	Alcohol (kcal):	182
Cholesterol (mg):	6665mg	% Deficient:	0.0%
Carbohydrate (g):	2062g	Food Exchanges	
Dietary Fiber (g):	41g	Grain (Starch):	31
Protein (g):	298g	Lean Meat:	9 1/2
Sodium (mg):	8568mg	Vegetable:	0
Potassium (mg):	9636mg	Fruit:	9
Calcium (mg):	6120mg	Non-Fat Milk:	12
Iron (mg):	46mg	Fat:	240 1/2
Zinc (mg):	33mg	Other Carbohydrates:	83
Vitamin C (mg):	54mg		
Vitamin A (i.u.):	47465IU		
Vitamin A (r.e.):	12927 1/2RE		

Nutrition Facts

Amount Per Serving

Calories from Fat: 11016

		% Daily Values*
Total Fat	1239g	1906%
Saturated Fat	741g	3704%
Cholesterol	6665mg	2222%
Sodium	8568mg	357%
Total Carbohydrates	2062g	687%
Dietary Fiber	41g	162%
Protein	298g	
Vitamin A		949%
Vitamin C		90%
Calcium		612%
Iron		253%

* Percent Daily Values are based on a 2000 calorie diet.