

Dessert

Mango Meringue Bread Pudding

Hatcher Farms "Mango Thrills"

Palm Beach Post

3 cups French bread, cut into 1/2-inch cubes

2 cups mangoes, sliced

3 eggs, separated

1/3 cup packed brown sugar

1/2 teaspoon Key lime peel, grated

1/2 teaspoon ground cinnamon

1/2 teaspoon salt

1/4 cup light corn syrup

1/4 cup mango juice

1 cup coconut milk

1/4 teaspoon cream of tartar

1/4 cup sugar

Preheat oven to 350 degrees.

Place bread cubes in a greased 8x8x2-baking dish.

Spread the mangoes on top.

Beat the egg yolks slightly. Stir in the brown sugar, lime peel, cinnamon, salt, syrup and mango juice.

Slowly stir in the coconut milk.

Pour over the bread cubes and mangoes.

Bake, uncovered, until a knife inserted halfway between the center and edge comes out clean, about 30 to 40 minutes.

Remove from the oven.

Beat the egg whites and cream of tartar on medium speed until foamy.

Beat in 1/4 cup of sugar, one tablespoon at a time. Continue beating until stiff and glossy.

Spread over the pudding.

Bake until a delicate golden brown, about 8 to 10 minutes.

Let stand for 5 minutes.

Per Serving (excluding unknown items): 3445 Calories; 94g Fat (24.2% calories from fat); 87g Protein; 574g Carbohydrate; 27g Dietary Fiber; 636mg Cholesterol; 5768mg Sodium. Exchanges: 24 Grain(Starch); 2 1/2 Lean Meat; 1 Fruit; 17 Fat; 12 Other Carbohydrates.