Recipe For Health | MAY 2018

CINNAMON PECAN BREAD PUDDING

From U Club Classics. Chef Katie's recipe for an all-time favorite dessert at the University Club of MSU. Try it and you'll see why!

Chef Katie Chapman, Pastry Chef, The University Club of MSU

Featured Food: U Club Classics

Yield: 8-10 servings

Ingredients

Bread Pudding: 10-12 oz. cinnamon-pecan rolls or cinnamon swirl bread, chopped (about 7-8 cups)

³/₄ c. sugar Caramel Sauce:

4 eggs ½ c. caramel (store bought caramel topping)

2 c. half and half 4 c. heavy cream

2 c. milk 1 T. vanilla

Preparation

For the bread pudding:

In a bowl, whisk together sugar and egg yolks. Add in the half and half, milk and vanilla and whisk together until no lumps. Spread chopped bread evenly in a 9 by 13-inch baking dish. Pour custard mix over the top. Let sit for 20 minutes. With your hands, break and smoosh apart the pieces of bread.

Preheat oven to 350°F. Bake for 35-40 minutes. Test for doneness by jiggling the pan. Bake until middle doesn't wiggle.

For the caramel sauce:

On the stove, heat caramel and heavy cream until warm and mixed. Pour over bread pudding. Let sit for 10 minutes before serving.