

BREAD AND BUTTER PUDDING

(Australian Woman's Weekly)

Equipment

Ovenproof dish	mixing bowl
measuring spoons	whisk
measuring cups	metal seive

Ingredients

6 slices white bread	40 grams butter
3 eggs	$\frac{1}{4}$ cup caster sugar
2 $\frac{1}{2}$ cups milk	1 teaspoon vanilla essence
$\frac{1}{2}$ cup sultanas or other dried fruit	ground cinnamon/nutmeg

Method

1. Trim crusts from bread, butter each slice and cut into 4 triangles. Arrange a layer of triangles, buttered side up and overlapping slightly, along the centre of a shallow, ovenproof dish. Place another row of triangles between the first layer, in the opposite direction to the first layer.
2. Whisk eggs, milk and essence together in a bowl. Pour half the custard mixture over the bread. Stand for 10 minutes and allow bread to soak up some of the custard mixture.
3. Whisk the remaining egg mixture again and add the sultanas or other dried fruit. Pour into the dish, over the rest of the bread and custard mixture. Sprinkle with cinnamon/nutmeg.
4. Stand the dish in a baking dish with enough boiling water to come halfway up the side of the first dish. (This is called bain marie). Bake in a moderately slow oven 160°C, for about 50 minutes or until the custard is set.

Cooking dishes in a bain marie ensures slow, gentle cooking and is particularly suitable for dishes containing eggs, which may cook too quickly otherwise and result in a rubbery texture.