

Bread & Butter Pudding

NUTRITION (PER SERVING)

Energy	258kcal	Saturated Fat	6.5g
Salt	0.6g	Sugars	12g
Fat	11g		



SERVES

4

"Yes, we're experts in nutrition for older people. But anyone should be able to prepare good food easily."

Chef at Sunrise of Sevenoaks

INGREDIENTS

6 slices	white bread
30g	salted butter
15g	currants
60ml	semi-skimmed milk
20ml	double cream
20g	caster sugar
¼	lemon (zested)
150ml	vanilla custard
2	eggs
20g	brown sugar
	Pinch of ground nutmeg

INSTRUCTIONS

1. Preheat oven to 180C/fan 160C/gas mark 4 and butter the baking dish.
2. Butter the bread, cut the crusts off and arrange a layer at the bottom of the prepared baking dish. Top with half of the currants.
3. Repeat Step 2 until the slices of bread and currants have been used.
4. In a separate bowl cream together the eggs with the sugar until pale yellow, then add the milk, double cream and lemon zest.
5. Pour the mix over the bread making, ensuring all of the bread is covered.
6. Sprinkle with nutmeg and brown sugar.
7. Bake for 30-40 minutes until golden brown.
8. Serve with vanilla custard.