



Bread & Butter Pudding (serves 4)

A traditional favourite that uses simple ingredients to create a delicious dessert. Try making this with added extras like sliced bananas, chocolate chips or even marmalade. White bread is fortified with calcium and iron and also contains a wide range of vitamins and minerals. These include thiamine (B1), Niacin (B3) which are important for releasing energy from food and maintaining healthy skin, eyes and nails.

Ingredients: (Serves 4)

25g butter
4 slices white, wholemeal OR granary bread
 50g / handful currants, raisins, sultanas OR mixed dried fruit
 25g sugar
 1 x 5ml spoon grated nutmeg
300ml semi-skimmed milk
2 medium eggs

Equipment:

Weighing scales
 Spreading knife
 Ovenproof serving dish (approx. 1 litre)
 Chopping board
 Measuring spoons
 Measuring jug
 Fork
 Oven gloves
 Pan stand

Instructions

1. Preheat the oven to 160°C/140°C fan or gas mark 3
2. Use a little of the butter to grease the ovenproof dish and spread the rest on one side of each slice of bread.
3. Cut the slices into quarters diagonally (to make triangle shapes)
4. Arrange half of the bread across the base of the prepared dish
5. Sprinkle the dried fruit, half the sugar and the nutmeg over the bread
6. Arrange the remaining bread triangles, spread side up, on top of the fruit
7. Beat together the milk and eggs in a measuring jug and pour over the bread
8. Sprinkle the remaining sugar over the pudding and leave to stand for 10 minutes to allow the bread to soak up the egg and milk mixture
9. Bake the pudding in the oven for 30 minutes or until set and golden brown.

Skills used include:

Weighing, measuring, beating, spreading, and baking.
ALLERGENS HIGHLIGHTED IN BOLD

