

NUTRITION: Lazza's Kitchen

Bread & Butter Pudding

**Lazza is still trying out new recipes
Today - his first Bread and Butter Pudding**

The earliest bread and butter puddings were called whitepot and used either bone marrow or butter. Whitepots could also be made using rice instead of bread, giving rise to the Rice Pudding in British Cuisine.

A recipe for bread and butter pudding is found in Eliza Smith's "The Compleat Housewife" of 1728



- 50g raisins (I used blueberries instead)
- Zest and juice of one orange
- Bread - crust less white, use number of slices you need for size of dish
- Butter
- 400ml milk (depending size of dish)
- 300ml double cream
- 1 large egg
- 3 large egg yolks
- 1/2 teasp. Vanilla Essence
- 4 tablespoon of caster sugar:

- Mix raisins/blueberries with orange juice and zest
- Spread the bread with the butter and layer the dish from bottom and then overlapping.
- Beat the milk, eggs, cream, vanilla essence and sugar (I also added a pinch of nutmeg and cinnamon to taste - and can I say, after eating, it makes a difference)
- Pour the raisins/blueberries all over the bread in the dish
- Pour the cream mixture all over the bread. Let it soak in.
- Preheat the oven to 175C. If you want, spread a bit more sugar on top of pudding (I didn't)
- Place dish in the oven and let it cook for around 30-40 minutes.
- Check on it. The custard mix should set a bit in the middle and it becomes a light brown on top.
- Enjoy it hot or warm.



**This has been a favourite
pudding of mine for ages.
I am stunned at just how
good it has turned out.**

It's scrummy!!!!

**During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.
Why not try out some new recipes and foods yourself?
This was the first time I had ever cooked Bread and Butter Pudding.**