



## Golden Syrup Bread and Butter Pudding with Quick Crème Anglaise Sauce

**Serves: 4 - 6**

Slightly crunchy on top, but creamy and smooth beneath the surface. Bread and butter pudding sweetened with golden syrup is a wonderful example of classic comfort food that is delicious and nutritious.

### TASTE OF CATER CARE FACT

This recipe forms part of Cater Care's Supporting Positive Ageing recipe series and reflects our commitment to creating delicious, nutritious food and engaging aged care specific dishes for our residents.

This recipe uses protein and calcium rich ingredients including eggs, milk and cream making it an ideal dessert for aged care residents who have increased protein and calcium requirements. Served with a quick Crème Anglaise sauce, it is also suitable for a soft diet, (ensuring any crisp or crunchy pieces are removed), making it an excellent addition to aged care menus.

Incorporating ingredients including vanilla essence, butter and golden syrup greatly enhances the dish's flavour which is crucial in stimulating meal enjoyment and consequently valuable nutritional intake for residents.

### INGREDIENTS

- 4 Eggs - crack and beat.
- 700ml Full Cream Milk
- 200ml Thickened Cream
- ½ tsp Vanilla Essence
- 140g Golden Syrup - warm slightly.
- 24 slices White Bread - remove crusts.
- 80g Unsalted Butter - warm to room temperature.
- 40g Golden syrup
- 125ml Thickened Cream
- 150ml Full Cream Milk
- ¼ tsp Vanilla Essence
- 20g Caster Sugar
- 2 ¼ tsp Cornflour

### METHOD

1. Preheat an oven to a moderate temperature - 160°C.
2. Place four eggs and first quantity of milk, cream, vanilla essence and golden syrup to a mixing bowl. Whisk until thoroughly combined and set to one side.
3. Evenly butter one side of each bread slice. Cut 6 slices in half diagonally and reserve for the top of the pudding.
4. In a baking dish that is approximately 25cm long, 17cm wide and 5cm deep, evenly layer the 18 slices of uncut bread, then evenly top with the 6 slices of cut bread positioned in a neat pattern, then gently and evenly pour the custard onto the bread and allow the pudding to stand for 10 minutes.
5. Evenly drizzle the second batch of golden syrup over the top of the pudding. Place the pudding into the oven and bake for 25 minutes or until the custard has just set, the pudding has 'puffed up' and the top of the pudding is lightly browned, then remove from the oven.
6. Whilst the pudding is cooking, over a moderate heat, place the second quantity of thickened cream, 100ml of the second batch of full cream milk, the second batch of vanilla essence and the caster sugar into a saucepan, bring up to the boil, stirring regularly to ensure the sugar has dissolved and the ingredients have fully combined.



7. Place the cornflour and remaining 50ml of milk into a mixing bowl, mix to form a smooth paste, pour this into the saucepan and whisk vigorously to ensure it is thoroughly combined.
8. Bring the sauce back up to the boil, then reduce the heat and allow to gently simmer for 2 minutes or until the mix has thickened whilst stirring continuously.
9. Remove the saucepan from the heat. The quick Crème Anglaise can be served warm or chilled.

## TO SERVE

Serve each portion of the bread and butter pudding drizzled with the quick Crème Anglaise sauce.