



Banana, Maple Syrup and Cinnamon Bread and Butter Pudding with Anglaise Sauce

Serves: 4

TASTE OF CATER CARE FACT

This dish originated from England, with recipes found that date back to as early as 1723. Historically, bread and butter puddings were a way for cooks to use up stale, leftover bread instead of letting it go to waste. The dish was also made using rice instead of bread, giving rise to the rice pudding in British cuisine. Our recipe includes ingredients that are not traditionally used in bread and butter pudding, which are banana and maple syrup.

INGREDIENTS

- 50ml Full Cream Milk
- 1 Vanilla Bean - halve lengthways, scrape out seeds, and retain with the pod.
- 5 Egg Yolks - beat.
- 35gm Caster Sugar
- 60ml Thickened Cream
- 2 Eggs - crack and beat.
- 500ml Full Cream Milk
- 150ml Thickened Cream
- 20gm Caster sugar
- 80ml Maple Syrup
- ½ tsp Vanilla Essence
- ¼ tsp Ground Cinnamon
- 10 Slices White Bread - remove crusts, and cut in half diagonally.
- 40gm Unsalted Butter - warm to room temperature.
- 3 Medium Sized Ripe Bananas - peel and roughly mash.
- 1 Medium Sized Ripe Banana - peel, halve lengthwise, and then halve each widthways
- 40ml Maple Syrup

METHOD

1. Over a moderate heat, in a saucepan, add the first batch of milk, vanilla seeds and pod. Bring up to the boil, then remove the saucepan from the heat. Set the saucepan to one side and carefully remove the vanilla pod.
2. In a mixing bowl, add the egg yolks and the first batch of caster sugar. Beat with a whisk until the mixture is pale and creamy.
3. Pour the hot milk mix over the egg mixture and whisk until the ingredients are thoroughly combined. Add the first batch of cream and whisk again until it is thoroughly combined with the milk and egg mixture.
4. Place the sauce back into the saucepan and place over a low heat. Allow to gently heat, whilst stirring continuously until the mixture thickens and evenly coats the back of a mixing spoon. Immediately remove the saucepan from heat, and strain the sauce through a fine sieve into a clean mixing bowl. Set the Anglaise sauce to one side. Allow to cool to room temperature, then place the sauce into an airtight container and refrigerate for at least 2 hours or until required.



5. Pre-heat an oven to a moderate temperature - 160°C.
6. In a Mixing bowl, add the eggs, second batch of milk, second batch of cream, second batch of caster sugar, first batch of maple syrup, vanilla essence and cinnamon. Whisk until all of the ingredients are thoroughly combined, and set to one side.
7. On a chopping board, evenly spread both sides of the bread slices with butter.
8. In the base of a 10cm wide by 21cm long by 5cm deep baking dish (ideally), evenly spread $\frac{2}{3}$ of the mashed banana, then evenly top the banana with half of the bread slices in two neat rows. Evenly top the bread with the remainder of the mashed banana. Then top the banana with remaining half of the bread slices in two neat rows.
9. Neatly position the banana slices on top of the prepared pudding, and slowly pour the egg mixture over the bread and banana.
10. Place the pudding into the oven and bake for 25 minutes or until the pudding is nearly set. Carefully remove the pudding from the oven and evenly drizzle the second batch of maple syrup over the top of the pudding.
11. Increase the oven temperature to a high - 200°C. Place the pudding back into the oven and bake for a further 10 minutes or until the custard has set and the top of the pudding is golden brown. Remove from the oven, and allow to cool for a few minutes.

TO SERVE

Once the pudding has cooled a little, serve at the table, with each portion topped with a generous drizzle of the Anglaise sauce.