

Lesson 7 Recipe

Chocolate Bread and Butter Pudding

9 slices each of ¼ inch thick good quality day old white bread from a loaf
5 oz dark chocolate (150 g) 72 cocoa min
15 fl oz (425 ml) thick whipping cream
4 tbs brandy
4oz (110 g) castor sugar
3 oz (75g) butter
Good pinch of cinnamon (can be omitted)
3 x 1 eggs
Icing sugar to dust
Thick cream to serve

Remove the crusts from the bread. You need 9 x 9 x ¼ inch squares. Cut each of these into 4 triangles. Place chocolate, whipping cream, brandy, sugar, butter and spice, if using, in a bowl over a pan of simmering water and allow the chocolate and sugar to dissolve.

Give it a good mix.

In a separate bowl, whisk the eggs and then pour in the chocolate mixture blending well.

Spoon a thin layer of the sauce into the bottom of the dish and arrange the triangles of bread on top allowing them to overlap. Spoon some of the sauce over trying to cover all the bread. Repeat with another layer of bread and finish with the sauce. Press down and cover all the bread with the sauce. Cover the dish and allow to stand at room temperature for 2 hrs before popping in the fridge for 2 days.

When you are ready to cook, preheat the overnight to 180 degrees and bake uncovered for about 30 min. on a high shelf.

Crunchy on the top and gooey inside is the texture you want.

Take out of the oven and leave it 10 min. before serving

Dust with icing sugar and serve with cream.

Allow yourself to feel good as you have demonstrated great patience. Maybe you want to add some comments of your eating experience in your journal.