



## MERSEY FOREST BREAD & BUTTER PUDDING

Recipe by Jordan Huyton:

Winner Age 11-18 Deserts And Drinks Category Age 11-18 Ambassador 2013



**Serves:** 2 People  
**Prep Time:** 15 minutes  
**Cook Time:** 40 minutes

### Ingredients:

3 slices of stale bread  
Spreading of butter or spread  
2 eggs  
2 teaspoons of sugar  
150ml carton (small) of single cream  
6 dark ripe plums  
100g bar of dark chocolate

### Step by step:

- 1 Pre-heat the oven to 160°C.
- 2 Butter the slices of bread on one side and cut into fingers. Grate the chocolate.
- 3 Stone and cut up the plums and stew them for about 10 minutes until soft in a little water.
- 4 Arrange layers of bread, chocolate and plums in a medium dish until it is full.
- 5 In a jug beat up the egg, add sugar and milk slowly and stir in the cream last.
- 6 Pour the mixture over the bread and leave to soak for 5 minutes.
- 7 Sprinkle with a little more chocolate.
- 8 Pop in the oven and cook for 30-40 minutes until pudding is set and bread crisp.

Each portion based on 2 servings contains

Calories	Sugar	Fat	Saturates	Salt	Fibre
<b>757</b> 38%	<b>44g</b> 49%	<b>50g</b> 71%	<b>33.1g</b> 166%	<b>1.4g</b> 23%	<b>6.3g</b> 26%

of an adult's guideline daily amount



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## Chef's tips *from Jordan*

Flatten down the bread with a fork if required to soak up the mixture once the mixture has been poured on. Any chocolate is great but high cocoa content dark chocolate tastes best and has less calories.

## Use up

Stale bread and fruit.

## Variations

Try tinned, drained or dry prunes, or apricots, cherries or pears instead of plums. Any variety of berries can also be tried.

## Extra flavour

Impossible!

## Freezer advice

You can freeze the bread and butter pudding the day before you bake it to save assembly time, or freeze leftovers for a future dessert. For both, seal in an airtight container to keep the pudding from absorbing odours or developing freezer burn.

## Vegetarian & vegan options

Suitable for vegetarians. Please use almond, coconut, hemp or soy milk if you are vegan.

## Allergy advice

Use dairy alternatives.

## MERSEY FOREST BREAD & BUTTER PUDDING

A wickedly delicious dessert with that 'feel good factor' that makes any meal special. A great recipe for Valentine's Day!

**Info:** The Mersey Forest is a growing network of woodlands and green spaces, which since the early 1990s, has had more than 9 million trees planted. It covers more than 500 square miles of Merseyside and North Cheshire. More information at [www.merseyforest.org.uk](http://www.merseyforest.org.uk)

Make 28 Taste Great is organised by Merseyside Recycling and Waste Authority to help reduce food waste, which makes up 28% of waste sent to landfill in Merseyside and Halton. The competition for residents, looks for winning ways to use leftovers and ingredients to create imaginative, healthy meals with a regional flavour.



For lots more recipes and advice on making the most of your food, visit [recycleformerseysideandhalton.com](http://recycleformerseysideandhalton.com)

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