

BREAD PUDDING

Utensils and equipment

* Kitchen scales



* Chopping board



* Chopping knife



* Mixing bowl



* Tablespoon



* Serving plate



* 2 plates



* Orange squeezer



* Spatula



* Skewer



* Cooling tray



* Bread knife



* Grater/zester



* Measuring spoons



* Apple corer



* Masher/fork



* Measuring jug



* Vegetable peeler



* Loaf tin



Ingredients

250g stale wholemeal bread



200ml fresh white milk (not more than 2.5% total fats)



1 apple



1 tsp cocoa powder



100g sultanas / currants



½ tsp ground mixed spice



½ tsp ground cinnamon



½ tsp ground nutmeg



juice and zest of an orange



1 tbsp sesame seeds / sunflower seeds / pumpkin seeds



Method

1. Lightly grease a loaf tin.



2. Roughly chop the bread and place in a mixing bowl.
Pour over the milk.



3. Mash the soaked bread using a masher or a fork until the mixture is smooth.



4. Wash, peel, core and chop the apple on a chopping board.



5. Wash, zest and squeeze the orange.
Add to the bread mixture.



6. Add the dried fruit, apple, cocoa powder and spices to the bread mixture and mix well.



7. Place mixture in a greased loaf tin and press down lightly. Sprinkle the seeds.



8. Bake in the oven at 190°C, Gas Mark 5 for 30 – 40 minutes or until a skewer inserted in the middle comes out clean.

