

French Pudding

LOVE P&O rating - Easy breezy , love is in the air

Ingredients

- 8 large granny smith apples, peeled, chopped
- ½ cup maple syrup
- 1 cup apricot jam
- 12 thin slices fruit bread, cut into triangles
- 150g almond slivers
- 100 grams raisins, soaked in apple juice
- 50 grams mixed candied fruit
- 3 eggs
- 6 egg whites
- 4 cups milk
- 2 teaspoons vanilla extract
- ¼ cup caster sugar
- ½ teaspoon ground nutmeg
- 1 teaspoon icing sugar

Method

1. Preheat oven to 160°C. Combine apples and maple syrup in a saucepan over medium heat. Cover and cook for 5 minutes or until apples are tender but still hold their shape.
2. Spread a layer of jam over 1 side of each piece bread. Place half the fruit bread over base of an ovenproof baking dish. Top with a third of the apple mixture and sprinkle with mixed dried fruit and raisins. Repeat layers with remaining bread, apple mixture and fruit.
3. Combine eggs, egg whites, milk, vanilla, caster sugar and nutmeg in a jug. Pour over pudding. Stand for 15 minutes to allow bread to absorb some of the liquid. Scatter the almonds on the top.
4. Bake for 45 to 50 minutes (loosely cover with foil after 30 minutes if top becomes too brown) or until custard is set. Remove from oven and chill.
5. Dust with icing sugar and cut into rectangular portions.