



# THE ingles TABLE

with Chef Bruce Brown  
**Caramel Apple Bread Pudding**

## Shopping List

- 16 cups bread cubes (about  $\frac{3}{4}$  of a 20 oz loaf of bread), toasted
- 2 large apples, cored and diced (about 2 cups – I prefer Granny Smith or Pink Lady)
- 1 cup chopped walnuts or pecans, divided
- 2 cups heavy cream
- 3 cups whole milk
- 1 tablespoon caramel flavoring (optional – or sub vanilla extract)
- 8 eggs
- 1 cup sugar
- 1 teaspoon ground cinnamon
- 2 teaspoons fresh ground nutmeg
- $\frac{1}{4}$  teaspoon cream of tartar
- Non-stick spray
- Caramel sauce

## Equipment

- 9" X 13" baking dish
- Mixing bowls
- Ladle

## Cooking Instructions

- 1) Spray a 9"x13" baking dish with non-stick spray.
- 2) In a mixing bowl, combine the sugar, cream of tartar, nutmeg, cinnamon, eggs, flavoring, milk and heavy cream, stirring thoroughly. Set aside.
- 3) Place the bread cubes in the mixing bowl, adding half of the chopped nuts and all the diced apples.
- 4) Pour the custard mixture over the bread, tossing to dampen all the cubes.
- 5) Spread the mixture into the baking dish, leveling from corner to corner, sprinkling with the remaining nuts.
- 6) Cover the dish loosely with aluminum foil and allow to rest for 30 minutes in the refrigerator. Preheat the oven to 350°.
- 7) After resting, bake for 45 minutes covered, then ten minutes uncovered if you prefer a lightly browned dessert.
- 8) Serve immediately or cooled, drizzled with optional caramel sauce or Cinnamon Whipped Cream.



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