



MEDIA RELEASE

TENNESSEE DEPARTMENT OF AGRICULTURE
MARKET DEVELOPMENT DIVISION

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Practical, Affordable Bread Pudding Recipe "Golden" for Grownup Gatherings

NASHVILLE – Special occasions demand special foods. Unfortunately, special foods often demand special – read costly – ingredients. Now, with any number of traditional spring events popping up from graduation parties and wedding dinners to family celebrations, how does reconcile the need for a special food without, how shall one say, a special bank account?

"Look back," says Tammy Algood, says Pick Tennessee Products spokesperson. "Really old, traditional recipes tend to be very practical in terms of ingredients. Nothing went wasted, and ingredients tended to be things that weren't so exotic as to be unaffordable. With that in mind, Old Fashioned Bread Pudding with buttered Rum Sauce is a natural choice for upcoming fancy affairs."

Algood represents the statewide Pick Tennessee Products campaign developed by the Tennessee Department of Agriculture to help consumers identify and choose foods grown or processed in Tennessee. Her recipes featuring Tennessee products are available at www.PickTnProducts.org. Algood's bread pudding recipe calls for several types of dairy products, a major Tennessee food product.

"Tennessee has a great dairying tradition," says Algood. "There are major brands of dairy products in each region of the state made with milk from Tennessee dairy farms. Smaller local dairies will often sell their wholesome, pasteurized products right off the farm, but can also usually be found in some retail stores.

"Of course, a loaf of soft French bread is the foundation of this dish," says Algood, "with dairy products and eggs – all everyday, easy to find ingredients. Just a few special ingredients are what brings this entire recipe up from humble fare to fantastic. Pecans, raisins – in this case, golden raisins – and just a little rum do the trick."

"It's important to choose golden raisins over the more common dark variety," says the food expert, "because although they cost a little more, they're more moist and will plump up very nicely. This bread pudding is the most moist you'll ever try, and the golden raisins do their part."

MORE

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Practical, Affordable Bread Pudding Recipe

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Algood also notes that the recipe calls for “half-and-half, divided”; “That’s not some special kind of half-and-half,” says Algood. “That notation simply means that not all of that two and a half cups is used at one time. Part of it is used early in the process, and the remainder at the end.”

Algood allows that although her recipe does require some effort on the front end, the result is a grownup dessert fit for any function. “Be aware that in this recipe, the rum is not cooked, so the alcohol content remains as an important counterpoint to the sweetness of the sauce. Fortunately, the sauce can be spooned over the pudding just before serving, so if necessary, an alcohol-free version could be prepared and used.”

Directories of local and regional dairies are available online at www.PickTnProducts.org. For more recipes featuring Tennessee farm and processed products, visit www.PickTnProducts.org

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Please find a hi-res downloadable photograph of the attached recipe at www.PickTnProducts.org. Click on the featured recipe.

Old Fashioned Bread Pudding with Buttered Rum Sauce

1 loaf soft French bread, torn into small pieces	¾ cup golden raisins
2-1/2 cups half-and-half, divided	1 tablespoon plus 1 teaspoon pure vanilla extract
2 cups milk	1-1/2 teaspoons ground cinnamon
3 eggs, lightly beaten	¾ cup butter, divided
3 cups sugar, divided	2 tablespoons Prichard’s rum
¾ cup chopped pecans	

Place bread pieces in a large bowl and add 2 cups half-and-half and milk. Let mixture stand for 10 minutes. Preheat oven to 325 degrees. Stir mixture well with a wooden spoon, then add eggs, 2 cups sugar, pecans, raisins, vanilla extract and cinnamon. Melt ¼ cup of butter in a 13x9-inch baking pan. Tilt pan to coat evenly. Spoon bread mixture into prepared pan. Bake, uncovered for 55-60 minutes or until pudding is firm. Remove from oven and cool. For sauce, combine remaining ½ cup butter, 1 cup sugar and ½ cup half-and-half in a heavy saucepan over medium heat. Cook, stirring until sugar dissolves. Bring to a boil and reduce heat. Allow to simmer 5 minutes, then remove from heat and cool. Add rum and stir. To serve, cut bread pudding into squares and spoon Buttered Rum Sauce over each serving. Yield: 15 servings.

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