

ORGANIC APPLE BREAD PUDDING

WITH ELDERBERRY SAUCE

2 quarts dried cut French bread or other hard crust white bread

6 organic tart firm apples- cored peeled and sliced

2 cups fresh or frozen cranberries (or Scraisins) or Elderberries

5 cups whole raw milk or half and half

¼ cups unsalted butter- melted

1½ cups raw sugar or turbinado

2 lemons or oranges-grated rind only

1 tbsp vanilla

1 tbsp gr. Cinnamon'

1 tsp gr. Nutmeg

½ cup chopped pecans or other nuts - TOPPING

Serve with whipped cream, chocolate sauce or berry sauce

1. Soak bread pieces in milk till softened up
2. In mixer with paddle or by hand mix melted butter, apples, cranberries and spices into a sticky mixture.
3. Brush baking dish (app 10x7 inches) with unsalted butter, sprinkle with Cinnamon sugar mixture and spread bread pudding evenly across.
4. Sprinkle chopped nuts on top and some melted butter
Bake at around 375 for 45 minutes - crust forms on top.

Serve warm with chilled whipped cream or fruit sauces, Elderberry Sauce

Chocolate sauce is served warm

For portions cut into squares and use pie server

PRACTICAL POINTERS FOR RECIPES

ELDERBERRY BREAD PUDDING

This simple dessert has been around for ages ever since yeast bread in the Western World because leftover dried hard rolls or crusty baguettes are essential, so "Wonder bread" is useless because it is not bread but a processes, extruded concoction with 57 additives for shelf life.

Eggs are not needed in this recipe the high gluten of crushed bread holds it together. Raisins and apples add sweetness and now, replacing cranberries or blueberries with elderberries it is turned into a unique dessert. Also, elderberry sauce is served with it if elderberries are not in the pudding. Diced fresh apples are a key ingredient for good moist texture.

Best served warm, after portioning from baking pan use microwave.

To enhance plate presentation use elderflowers, mint leaves, candied orange rind.

Mitterhauer's
"AMERICAN RECIPE"