



French Toast Pudding with Bourbon Maple Syrup

Yields: 12 Servings

Total Time: 75 Minutes (plus resting time overnight)

Sometimes, for breakfast, we get a hankering for that sweet stuff. Stacks of pancakes (with chocolate chips are pretty incredible), some good ol' cinnamon rolls, and one of our favorites, French toast. We decided we wanted to take French toast and turn it into one of the all-time great desserts, bread pudding, so that's what we did. Fluffy, delicious, and why not have dessert as the main course? That's basically what sweets are at breakfast anyways. This is also something that you can do most of the work the day before, so the morning of your recovery feast, you just gotta throw it in the oven. An incredibly decadent part of your meal, and easy to do if you prep ahead, which is what we're all about.

Ingredients

- Bourbon maple syrup (ingredients and directions below)
- 5 eggs
- 1 C sugar
- 1 Tbsp vanilla
- ½ tsp nutmeg
- 1/8 tsp cinnamon
- 8 Tbsp butter, cut up, melted, and cooled
- 2 C heavy cream
- 1 (12-inch) loaf French bread, crusts removed and sliced into 1-inch cubes
- ¼ C chocolate chips
- ½ C walnuts, chopped
- Powdered sugar (for topping at the end)
- Whipped cream (for topping at the end)

Ingredients for Bourbon Maple Syrup

- 1 C pure NYS Maple Syrup
- 2 Tbsp good bourbon
- ½ tsp pure vanilla extract
- 1 Tbsp butter



Directions for Bourbon Maple Syrup

- Heat the maple syrup over medium heat, and get it to simmer
- Add in the rest of the ingredients
- Simmer again, cook for 1 minute

Directions

- In a bowl, whisk the eggs until well blended
- Add the sugar and mix evenly
- Add the vanilla, nutmeg, cinnamon, butter, and cream
- Use an electric mixer to blend into a custard just until well mixed
- Lay the bread cubes in a 2 by 8-inch square baking dish, sprinkle the nuts and chocolate chips around, and then pour the custard over the bread
- Cover the dish with foil and let it soak overnight in the refrigerator
- Preheat oven to 350 degrees F
- Using a toothpick, poke holes in all over the top
- Bake until bread pudding starts to soufflé up, about 40 minutes
- Remove the foil, and bake another 10 minutes to brown lightly
- To serve, pour a few spoonfuls of the whiskey sauce on a dessert plate, scoop out a sexy hunk of that bread pudding, and drop it on the sauced plate
- Then just sprinkle powdered sugar on the top and finish it off with a dollop of whipped cream