



SWEET TREAT

Traditional bread pudding—a dessert made with stale bread and custard—originated in the UK in the 11th century.



WARNING!
Ask an adult's permission before using the oven.

Bake up pecan bread pudding

Ingredients

- 4 large eggs
- 2 cups heavy cream
- One 14-ounce can sweetened condensed milk
- 1 tablespoon vanilla
- Fine salt
- 14- to 16-ounce loaf day-old brioche, cut into 2-inch cubes
- 2 cups pecan halves
- 6 tablespoons butter, at room temperature
- 1 cup packed dark brown sugar
- Parchment paper
- Vanilla ice cream (optional)

Instructions

1. In a large bowl, make a custard: Whisk the eggs, heavy cream, condensed milk, vanilla, and a big pinch of salt until well combined. Add the bread cubes and toss to coat. Set mixture aside for 30 minutes to let the bread soak up the custard, stirring occasionally.
2. Preheat the oven to 350° F. Spread pecans on a rimmed baking sheet and lightly toast in the oven, about 5 minutes. Watch the pecans carefully so they don't burn. Remove pecans from oven and let cool for 10 minutes. Chop half of the pecans and stir them into the bread pudding mixture.
3. Meanwhile, in a small bowl, use your hands to mash the softened butter and brown sugar into

a paste. Mix the remaining pecan halves into the butter-sugar paste.

4. Line an 8-inch square baking dish with parchment paper, leaving an overhang on all sides. Pour the bread pudding mixture into the prepared pan. Spread the brown sugar pecan topping over the top of the bread pudding. Cover pan loosely with foil and bake 40 minutes.
5. Remove foil and continue to cook until bread pudding is set, about 30 to 40 more minutes. (Stick a knife in the center. If it comes out clean, the pudding is done.) Remove from oven and let cool at least one hour before slicing. Serve with a scoop of vanilla ice cream if desired. Makes 9 servings.



ECO TIP OF THE WEEK DECREASE YOUR CARBON FOOTPRINT

When carbon dioxide (CO₂) is released into the atmosphere, it causes temperatures on Earth to rise. Carbon dioxide comes from burning fossil fuels, like oil and gas, to power cars and generate electricity. Your family's "carbon footprint" is the amount of carbon dioxide released into the air because of the energy you use. There are simple ways you can reduce your footprint. For example, if you and your family are running errands close by, you can walk instead of drive. Eat fruits and vegetables that are grown nearby so less fuel is used to transport food from far away. You can also take shorter showers—the less hot water you use, the less energy is needed to heat the water.



Run local errands on foot.