

THE NEFF KITCHEN



For lovers of food and NEFF appliances.



Caramel fig bread and butter pudding

By Fransje Garland-Frost

Serves: 4-6

Cooking time: 50 minutes

Prep time: 15 minutes

Function: CircoTherm® with VarioSteam

Cuisine: Traditional

Resting Time: 30 minutes

Ingredients

Caramel Sauce

¾ cup (165 g) caster sugar

¼ cup (60 ml) water

¼ cup (55 g) brown sugar

½ cup (125 ml) thickened cream

¼ teaspoon salt

Pudding

8 slices (about 350 g) stale sliced white bread

50 g butter, softened

4 figs, trimmed and sliced thickly

300 ml milk

300 ml thickened cream

3 eggs

2 tsp vanilla essence

½ tsp ground cinnamon

¼ tsp ground nutmeg

2 extra figs, trimmed and quartered

Double cream to serve

This recipe is prepared with NEFF's CircoTherm® with VarioSteam level 2. We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. All herbs are fresh (unless specified) and cups are lightly packed. All vegetables are medium size and peeled, unless specified. All eggs are 55-60 g, unless specified.

Method

To make the caramel sauce, place caster sugar and water in a saucepan and stir on Induction level 5 until sugar dissolves. If needed use a wet pastry brush to remove sugar crystals from the side of the saucepan. Increase the Induction level to 6/7 to bring mixture to the boil. Continue to boil, uncovered and without stirring until the mixture turns golden. This will take about 10 minutes.

Remove the saucepan from the heat and with a wooden spoon, mix in the brown sugar. Carefully stir in the cream until well combined. Return to Induction level 6 and cook for 2 minutes until caramel is smooth. Remove from heat and stir through the salt. Allow to cool.

Butter the bread, cut slices into quarters and arrange in a 2 litre baking dish. Combine fig slices with 5 tablespoons of the cooled caramel, gently toss to coat the figs and then press the fig slices between the bread. Add the milk, cream, eggs, vanilla, nutmeg and cinnamon to the same bowl and whisk together. Pour the mixture over the bread and leave to soak for 30 minutes.

Preheat the oven on CircoTherm® 160°C with VarioSteam level 2. Drizzle another 2 tablespoon of the caramel sauce over the bread and butter pudding. Cook the pudding for 50 minutes or until golden and puffed.

Serve with extra sliced figs, remaining caramel sauce and double cream.

Notes

Using Vario Steam, the bread and butter pudding will be light,

fluffy and golden without the traditional use of a water bath.