

## Banana Bread Pudding








Recipe Rating	
Total Time	45 Minutes
Cooking Time	25 Minutes
Total Labour	20 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Spoon/Spatula
Mixing Bowl or Pan
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven) <b>or</b> Tray Service Retherm Cart

Nutrition Facts	
Valeur nutritive	
Per 1 serv (81g) / par 1 serv (81g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b>	<b>130</b>
<b>Fat / Lipides</b> 3g	<b>4%</b>
Saturated / satures 1g	
+ Trans / trans 0g	<b>4%</b>
<b>Cholesterol / Cholesterol</b>	<b>45mg</b>
<b>Sodium / Sodium</b> 170mg	<b>7%</b>
<b>Carbohydrate / Glucides</b> 21g	<b>7%</b>
Fibre / Fibres 2g	<b>7%</b>
Sugars / Sucres 11g	
<b>Protein / Proteines</b>	<b>5g</b>
<b>Vitamin A / Vitamine A</b>	
<b>Vitamin C / Vitamine C</b>	<b>4%</b>
<b>Calcium / Calcium</b>	<b>6%</b>
<b>Iron / Fer</b>	<b>6%</b>

# Banana Bread Pudding

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Bread, Whole Wheat	545 gm	1.2 Lbs	1090 gm	2.4 Lbs
Liquid Egg	400 mL	13.5 fl oz	800 mL	27 fl oz
Milk, 2%	400 mL	13.5 fl oz	800 mL	27 fl oz
Brown Sugar	160 gm	5.7 oz	320 gm	11.4 oz
Banana, Fresh	530 gm	1.2 Lbs	1060 gm	2.4 Lbs

Method	
	<p>1. In a large bowl, combine liquid egg, milk, and sugar.</p> <p>Cut bread into cubes.</p> <p>Peel and slice (or dice) bananas.</p>
	<p>2. In the large bowl with the egg mixture, add the bread and combine with a spatula until all liquid has been absorbed into the bread cubes. Fold in bananas until mixed.</p> <p>Transfer to a ½ size- 2" deep production pans that have been prepared with nonstick spray (or coated with butter). Cover with plastic wrap and aluminum foil. Cook in Multigen for 25 minutes.</p>
	<p>3. <b>Bulk Method:</b> Cut into 80 gm pieces for service. Portion into service dishes or leave in bulk for dining room service.</p> <p><b>Cold Plating:</b> prepare and cool banana bread pudding in advance. Plate on service dishes in 80 gm portions.</p>
	<p>4. Serve Hot or Cold.</p> 
<p>Garnish: <b>Banana slice or chocolate / caramel sauce</b></p>	
<p>Food Accompany: <b>Ice Cream or Sherbet</b></p>	