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# Dessert With Sweet Comfort

## A Touch Of Honey Adds Warmth To This Classic Dessert: Honey Bread Pudding

(NAPSA)—Cooler weather and family gatherings are sure signs of autumn. What better time to share the flavors of comfort in foods that mean “home.”

Honey Bread Pudding, developed by the National Honey Board, is a traditional dessert with a delightfully sweet enhancement. The elegant comfort food consists of bread soaked in a honey, milk and egg mixture that is baked until firm and fragrant. Golden honey gives the bread pudding its moist texture and naturally sweet flavor, while vanilla and ground cinnamon add a classic touch to this nostalgic dish.

Garnished with a dollop of Honey Cream Sauce, the dessert is superb when served fresh out of the oven for a festive gathering. It's also wonderful at room temperature for a casual meal. When the weather beckons warmth from the kitchen, this renewed dish with its unique touch of honey will meet with glowing reviews.

And, with the wide range of honey varieties available, consumers can choose from lighter assortments such as clover and orange blossom to richer options including avocado and buckwheat. Honey will keep indefinitely when stored in a sealed container at room temperature. However, avoid refrigeration, as it promotes granulation.

The United States is the world's largest producer of honey with 200,000 beekeepers who tend to approximately three million hives.

### Honey Bread Pudding

- 8 cups day-old egg bread, cubed
- 3 cups milk
- 1 cup half and half
- 6 eggs, beaten
- ½ cup honey
- 1 tablespoon grated orange peel
- 1 teaspoon each vanilla and ground cinnamon



A warm and comforting honey bread pudding can help sweeten any gathering.

### Honey Cream Sauce

- 1 cup heavy cream
- ¼ cup honey
- 1 tablespoon rum *or*
- ¼ teaspoon rum extract

Place bread cubes in a lightly buttered shallow 2-quart baking dish. In a medium bowl, beat together milk, half and half, honey, orange peel, vanilla and cinnamon until well blended. Pour mixture over bread cubes and let stand for 1 hour or until the bread has absorbed the liquid. Preheat oven to 375 degrees. Place dish in hot oven and bake for 45 to 50 minutes or until a knife inserted in the center comes out clean. Meanwhile, beat cream until light and fluffy. Slowly add honey and beat until stiff. Fold in rum or extract. Serve dollops of cream over the warm bread pudding. Makes 8 to 12 servings.

For more recipes and product information, you may visit the National Honey Board Web site at [www.honey.com](http://www.honey.com).