

# Jamaican Bread Pudden

When las yuh eat a good piece of jamaican pastry, like say a good home made Jamaican bread pudden? ... Notice we did not say 'pudding'?

First things first - pudden is nicer than pudding. My granny made the best pudden in Jamaica. From out a street, and down di lane, you could smell the sweet aroma wafting from the kitchen, and all our long belly friends would suddenly feel like visiting. We were not amused. It was not until I became an adult, running my own household, that I knew that you could use fresh bread to make bread pudding. This was because for the two weeks before granny's heavenly bread pudding came out of the oven, she would be collecting any left over bread: sometimes hard, sometimes with the green flowers already intact. So for us, bread pudding was made with stale and left over bread.

With love granny cut off the green flowers and soaked the bread in milk to make it nice and soft before adding her famous magic to produce the mouth watering treat. Having discovered that you can use fresh bread, I have come up with my own granny-inspired bread pudding

## What Yuh A Go Need

- One loaf of sliced whole wheat bread
- Salted butter or margarine
- Brown sugar
- Cinnamon powder
- Nutmeg
- Coconut milk or soy milk
- Two eggs
- Two ripe bananas
- Raisins and walnuts (optional)
- One ounce of Jamaican rum (optional)

What Yuh A Go DoGrease a baking dish or pan. Do not flour. Lightly butter the slices of bread, and sprinkle with cinnamon powder. Cut each slice into about four or six pieces. Cover the bottom of the baking pan or dish with bread. Cover with a layer of thinly sliced ripe banana and sprinkle a few raisins and walnuts. Cover with a layer of bread, and repeat the layers until the bread is finished. End with a layer of bananas, raisins and walnuts. Mix by hand or in a blender, two cups of milk, two eggs, brown sugar to taste, rum if you so choose, and a dash of nutmeg. Pour over the bread and banana. Bake for 20 minutes.

Serve when it is warm. It is great with whipped cream or vanilla ice cream. When yuh finish, lick yuh finger&hellip; It&rsquo;s allowed