

Team #8

Mango Rum Pudding

Crust

1 loaf heavy white bread
1 1/2 cup soft sweet unsalted butter
3/4 cup packed brown sugar

Carmel Sauce

1 cup granulated sugar
1/2 cup water
1 1/2 cup heavy cream

Filling

1/3 cup chopped pitted prunes
1/3 cup currants
1 small mango (peeled, seeded, diced)
1/2 cup rum (non-alcohol rum syrup substitute)
1 teaspoon fresh lime zest

Topping

1 cup heavy whipping cream
1/2 cup extra fine sugar
2 teaspoons meringue powder

Garnish

1 fresh lime

Preheat oven to 375° F.

Filling: Chop prunes and place in a medium stainless steel bowl. Add currants and rum. Peel, seed, and dice 1 small mango, add to mixture. Zest one teaspoon fresh lime, add to mixture and stir well. Set aside to blend flavors.

Crust: Remove the breads crust, cut 8 circles from the bread to fit bottom and top of 4 6oz oven safe ramekins. Cut even strips to line sides of each ramekin. Set aside.

Crust dredge mixture: Melt butter and brown sugar in small pan over low heat. Remove from heat and dredge 4 bread circles through mixture and place in bottom of ramekins, dredge strips and line sides. Fill center with filling mixture, making sure to add rum juice. Dredge remaining bread circles and place on top. Press slightly to compact. Place ramekins on baking sheet and place on center rack of oven, bake for 20 minutes, or until all tops are browned and crisp. Remove from oven, run a knife around the edge of each ramekin and let cool for 5 – 10 minutes.

Carmel Sauce: Combine sugar and water in a medium sauce pot. Stir over low heat to dissolve sugar, bring to a boil and boil until syrup turn a golden color. Remove from heat and quickly stir in the cream. If mixture is not smooth, return to low heat and stir until smooth.

Topping: Whip cream and sugar in a medium stainless steel bowl until thick and peaks start to form add half of the meringue powder and continue whipping until mixture becomes very stiff, use more meringue powder if necessary. Place in a pastry bag or tube and refrigerate until ready to plate.

Serving: Spoon small amount of Carmel sauce onto plate. Remove pudding from ramekins and carefully turn upside down onto plate. Spoon additional sauce over top, place dollop of cream topping in middle of pudding, garnish with a small lime wedge and ENJOY!