

# THE SISTER EFFECT

## CINNAMON CUSTARD YUM-YUM



1 loaf brioche or other buttery, soft bread

½ tsp sea salt

4 whole eggs + 6 yolks, divided

4 cups milk, divided

7 cinnamon sticks, divided

¾ cup sugar, divided

¼ cup + 2 Tbsp maple syrup, divided

1 Tbsp butter

Cinnamon for sprinkling

This recipe has two parts, essentially bread pudding with custard sauce.

### Bread pudding:

Cut the bread into ½-inch pieces and place in a large mixing bowl. Sprinkle over with sea salt and stir gently.

On the stove, heat 2 cups of milk, ½ cup of sugar, 2 Tbsp maple syrup and 4 cinnamon sticks to 180 degrees, so it's hot but not boiling. Stir frequently. Set aside to cool for about 15 minutes. Discard cinnamon sticks.



# THE SISTER EFFECT

## CINNAMON CUSTARD YUM-YUM

Grease a 13x9 inch baking pan with 1 Tbsp butter. Preheat oven to 325 degrees.

In a separate bowl, whisk together 4 whole eggs plus 2 yolks until pale yellow. While continuing to whisk constantly, add about half a cup of the milk mixture in a slow, steady stream. Continue adding milk in increments, whisking constantly. When it's all combined, pour over the bread and stir well.

Put the bread mixture into the prepared baking pan. Sprinkle with cinnamon. Place the baking pan in a larger pan and add water between the two pans, about halfway up. This water bath will prevent the bread pudding from overcooking on the edges. Bake until the interior temperature reaches 170 degrees, about 40 minutes.

Remove baking pan from the larger pan and place on a wire rack to cool. After it's cool, cover and refrigerate.

### Custard sauce:

Heat 2 cups of milk, ¼ cup of maple syrup and 3 cinnamon sticks on the stove to 180 degrees, so it's hot but not boiling. Set aside for 15 minutes.

Heat about 1 inch of water to a simmer in a pan that's slightly smaller at the rim than the bowl you'll be using in the next step.

In a medium stainless steel bowl, whisk 4 egg yolks with ¼ cup sugar until pale yellow. While whisking constantly, add the milk mixture to the eggs in a slow stream. Balance this bowl over the pan of simmering water, so the egg mixture is being heated by the steam but the bowl is not touching the boiling water. Stir constantly until the mixture reaches 170-175 degrees. Don't let it reach 180, or it might curdle.

Immediately place the bowl into an ice bath and stir occasionally until it's cool. Refrigerate.

To serve, warm the bread pudding and top with chilled custard sauce.