

Sunvil Supper Club

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March 2017 - Capirotada (Mexican bread pudding)



Ingredients (serves 6-8)

- 1 loaf French bread, cubed and toasted
- 2 cups light brown sugar
- 2 cups water
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1 cup shredded mild cheddar
- 1 cup pecans, toasted and - chopped
- 75g chopped walnuts
- 1/2 cup raisins
- 1/2 cup dried apricots, chopped
- 4 tablespoons butter, melted

Method

- Pre-heat oven to 180C / gas mark 4. Grease 8-inch square baking pan
- Combine water, cinnamon, cloves and sugar in medium saucepan
- Bring to the boil and let simmer for 10 minutes then set aside
- In a large bowl, toss together half of the bread and half of the butter
- Drizzle 1/4 cup of the syrup over the bread and toss again to coat
- Place in baking pan in a single layer and sprinkle with the cheese, pecans, raisins and dried apricots
- Toss together the remaining bread and syrup and evenly layer on top of the mixture in the baking pan
- Cover with foil and bake for 20 minutes
- Remove foil and bake for a further 15 minutes
- Can be served hot or cold

Capirotada, the traditional Mexican food similar to bread pudding, is usually eaten during the Lenten period and Good Friday. There are many different preparations of the dish, with families often having their own recipes which have been passed down through the generations. The basic ingredients carry a rich symbolism and are considered a reminder of the suffering of Christ on Good Friday.

**Find out more about our holidays to Mexico at: www.sunvil.co.uk/traveller/central-america/mexico
Recipe courtesy of Brown Eyed Baker (browneyedbaker.com)**