

Sweet Sundays: Vegan Pumpkin Bread Pudding

Sometimes I think October should be dubbed "pumpkin month." It seems everywhere I click that bright orange flesh is calling my name with yet another recipe idea. But, thus far this year, nothing has topped a recipe that I discovered last year for Dairy-Free Pumpkin Bread Pudding. Bread Pudding is something I have only indulged in a few times, but this version offers bold and spicy flavors, and condiments (like caramel) that put it over the top. The recipe is by Hannah Kaminsky, blogger at Bittersweet and author of My Sweet Vegan.

Hannah writes, "For ages, some sort of pumpkin bread pudding had been on my 'to bake' list, and finally, I can cross that one off for good. Simple as all get-go, I might argue that it's even better than that ubiquitous pumpkin bread that everyone and their best friend feels the urge to make around this time of year. Warm, creamy, and comforting, it's the perfect dessert to ward off those autumn chills while celebrating the season's bounty. It's a snap to customize depending on your preference; consider the spices as a mere suggestion, and a handful or two of nuts, chocolate, or dried fruit never hurt anything." Hungry yet? Here is the recipe ...

Pumpkin Bread Pudding Recipe and Photo by Hannah Kaminsky 1/2 Pound Crusty Bread

1 Cup Pumpkin Puree

1 Tablespoons Cornstarch

1/2 Cup Dark Brown Sugar, packed

3/4 Teaspoon Ground Cinnamon

1/4 Teaspoon Ground Nutmeg

1/2 Teaspoon Ground Ginger

Pinch Salt

1 Cup Plain Soymilk [or milk alternative of choice]

1 Tablespoons Dark Rum

1/4 Cup Crystallized Ginger, Chopped Finely

Preheat your oven to 350 degrees and lightly grease a 9 x 13 inch baking dish.

First, slice your bread into 1 inch cubes, and set aside.

Whisk together the pumpkin puree, cornstarch, sugar, spices, and salt in a large bowl. Once smooth and thoroughly combined, slowly drizzle in the soymilk and rum, and stir until the mixture is homogeneous. Toss in the bread cubes and crystallized ginger, and use a wide spatula to gently coat the bread with the pumpkin. Pour the lumpy mixture into your prepared pan, and smooth the pieces down into an even layer. Let stand for 10 minutes at room temperature for the liquids to soak in a bit, and then bake for 45 – 50 minutes. The edges should appear set, but the interior will remain quite soft and moist. Good bread pudding should be very moist, so be careful not to over bake it!

Let cool for about 15 minutes before serving. You can either take the time to make nice, neat slices like I did, or just grab a large spoon and scoop it out onto plates. It will taste good no matter what, so it doesn't matter if it's a bit ugly! Serve warm with caramel, whipped creme, or maybe even fudge sauce.