

## Mama Mackey's Bread Pudding

### pudding:

1-1/2 cup sautéed diced apples  
1-1/4 cups 2% reduced-fat milk  
or milk of your choice  
1/2 cup sugar  
1 tbsp vanilla extract  
1/2 tsp apple pie spice  
1 tsp ground cinnamon  
1/2 tsp ground nutmeg  
Dash of salt  
4 egg whites, lightly beaten  
4-1/2 cups (1/2" cubed) wheat or whole  
grain bread  
Cooking spray

### Sauce:

1/2 cup brown sugar  
1/2 tsp cinnamon  
1/4 cup butter  
1/4 cup bourbon (optional)

### Perfect Garnish:

scoop of vanilla or caramel ice cream



# Cooking with Chef Stacy!

**TUNE IN FOR A COOKING DEMO & PRAYER**

### pudding:

Whisk together milk, sugar, vanilla, apple pie spice, cinnamon, nutmeg, salt and eggs in a large bowl, stirring well until sugar is dissolved. Add in apples and bread, tossing gently to coat. Spoon mixture into an 8" square baking dish coated with cooking spray. Cover with foil; chill 30 minutes or up to 4 hours so bread can soak up the milk mixture. Preheat oven to 350°.

Bake, covered with foil for 25 minutes. Uncover and bake an additional 10 minutes or until a knife inserted in center comes out clean. May take 5 - 10 minutes more to bake depending on the bread used and the pan size.

### Sauce:

Combine the brown sugar, cinnamon and butter in a small saucepan over medium heat. Bring to a simmer; cook 1 minute, stirring constantly. Serve each bread pudding piece warm with sauce.



JOURNEY  
connections  
team

PREMIERES ON  
TUESDAY, SEPTEMBER 28TH  
- 6:30 PM -

# Lobster Étouffée

4 cups fat-free, less-sodium chicken broth  
(plus extra to add at the end if needed)  
1 tbsp dried thyme  
1 tsp dried basil  
1 bay leaf

## Roux:

1/3 cup butter  
1/2 cup all-wheat flour  
2 tbsp olive oil  
1-1/2 cups chopped onion  
2/3 cup diced celery  
1/2 cup chopped red bell pepper  
1/2 cup chopped green bell pepper  
1/2 cup yellow bell pepper

1/4 cup tomato paste  
1 tbsp salt-free Cajun or Creole seasoning  
1 tbsp garlic powder  
1 tbsp minced garlic  
1/4 tsp salt  
1/4 tsp black pepper  
1/4 tsp ground red pepper  
1 tbsp Worcestershire sauce  
1 lb langoustines (crawfish, shrimp or  
seafood of your choice)  
4 cups hot cooked long-grain brown rice

## Garnishes:

chopped green onions  
chopped fresh flat-leaf parsley



Combine first 4 ingredients in a small saucepan over medium heat; bring to a simmer. Cover and remove from heat. Melt butter in a stockpot over medium heat. Add flour to pan; cook 8 minutes or until very brown, stirring constantly with a whisk. It's ok to let it develop some color. In another sauté pan, add olive oil and the "trinity" (onion, celery and bell pepper). Sauté just a few minutes until soft. Then add the vegetables to the roux. Let that cook another 15 minutes. Add broth mixture to pan; stir until it incorporates in. Add tomato paste, Cajun seasoning, garlic, salt, black pepper, red pepper and Worcestershire sauce to pan, stirring well to combine; bring to a simmer. Cook 10 minutes, stirring occasionally. Add langoustines (or seafood of choice); cook 3 minutes or until done. Discard bay leaf. Taste and see if needs any more seasoning or a splash more stock to thin it out. Serve over rice. Sprinkle each serving with green onions and parsley, if desired.

