



Summer Berry Patch Puddings*

prep time:
20 minutes*

cook time:
7 minutes

makes 6 servings

*chill time extra

grocery list

2 small loaves store-baked white bread,
not sliced
fresh raspberries
fresh blackberries
fresh strawberries
raw sugar
ShopRite imported raspberry preserves
pomegranate juice

*Exclusive Chef Faith Alahverdian recipe.

summer berry patch puddings

- 2 small loaves store-baked unsliced white bread (remove crust and tear bread into large pieces)
- ½ cup raw sugar
- ¼ cup ShopRite imported raspberry preserves
- 1 cup pomegranate juice
- 2 cups fresh raspberries
- 1 cup fresh blackberries
- 1 pint strawberries, hulled and quartered

1. Place 6 ramekins or small bowls on baking sheet. Line each dish with enough plastic wrap to leave a 4-inch overhanging border all around. Place a single layer of torn white bread in each ramekin, pressing down so the bread lines the mold.
2. In a stainless steel saucepan, combine sugar, raspberry preserves and pomegranate juice. Bring to boiling, reduce heat and simmer for 5 minutes over medium heat, stirring occasionally.
3. Remove pan from heat and immediately add fresh berries, stirring gently to combine.
4. Spoon 1 tablespoon of the berry liquid into the bottom of each ramekin. Using a slotted spoon, add 1 tablespoon of the berry mixture. Add 2 to 3 pieces of torn bread to each ramekin and repeat the steps until each ramekin is almost full. Place additional pieces of torn bread on top of each ramekin to cover. You may need to patch any exposed fruit with additional bread. Cover with plastic wrap.
5. Place a second baking sheet level across puddings and top with heavy cans or another weight. Place in freezer to set for 1 to 2 hours. Gently unmold each one onto a plate and decorate with additional fresh berries.

Per Serving: 254 calories, 60g carbohydrate, 5g protein, 1g fat, 0g saturated fat, 6g fiber, 0mg cholesterol, 217mg sodium

cook's journal

kitchen tools

- bread knife
- cutting board
- 6 (1-cup) ramekins or dishes
- 2 baking sheets
- saucepan
- dry measuring cups
- liquid measuring cup
- wooden spoon
- measuring spoons
- slotted spoon
- ShopRite plastic wrap
- weights (i.e., 6 cans)

recipe note

When preparing this recipe at home, you can chill the puddings overnight in the refrigerator for optimum results.

a good idea

Vary the berries in this dessert based on taste and availability for a different take on this traditional English Summer Pudding.

