

Bahamian-Style Banana Bread Pudding

Bahamas • Creamy banana pudding with optional rum sauce



Photo: Lambros

Ingredients

- 200–250 g day-old bread (white bread, brioche, or challah), torn into chunks
- 2 ripe bananas, sliced
- 2 eggs
- 400 ml milk
- 200 ml cream (or use all milk)
- 75–100 g sugar (to taste)
- 1 tsp vanilla sugar or 1 tsp vanilla extract
- 1 tsp ground cinnamon
- Pinch of salt
- 50–70 g raisins (optional)
- 2 tbsp melted butter (plus extra for greasing the dish)
- 2–3 tbsp dark rum (optional) or 1 tsp rum essence (optional)

Quick Rum Sauce (optional)

- 30 g butter
- 50 g brown sugar
- 80 ml cream
- 1–2 tbsp dark rum (optional)

Steps

- Heat oven to 180°C (top/bottom) or 170°C (fan). Grease a small baking dish (about 20×20 cm).
- Put the bread chunks and banana slices in the dish. Add raisins if using.
- In a bowl, whisk eggs, milk, cream, sugar, vanilla, cinnamon, salt, melted butter, and (optional) rum.

- Pour the custard over the bread. Press gently so everything is soaked. Rest 10 minutes.
- Bake 30–40 minutes, until set in the middle and golden on top (a slight wobble is fine).
- Optional sauce: melt butter with brown sugar in a small pan. Stir in cream and simmer 1–2 minutes. Turn off heat, then stir in rum.
- Serve warm with the sauce, whipped cream, or ice cream.

Notes

- No rum? Skip it—still delicious. Add a bit more vanilla and cinnamon instead.
- If your bread is very dry, let it soak the full 10 minutes and bake closer to 40 minutes.
- Great add-ins: chopped nuts, coconut flakes, or a few dark chocolate chips.
- Store leftovers covered in the fridge and reheat thoroughly before serving.