

French Toast is traditionally known as “Pain Perdu”, which literally translates to “Lost Bread”. A recipe everyone should know! Made for using up leftover bread, but if you want the ultimate French Toast experience, use brioche bread (pictured in post). There’s no need to use sugar if you’re dousing with maple syrup - plus it burns easily. Best made with stale bread, otherwise,

French Toast



INGREDIENTS

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6 slices brioche or white sandwich bread, slightly stale (Note 1)

30-40g / 2 - 3 tbsp butter

EGG MIXTURE:

- 2 large eggs (~60g / 2 oz each)
 - 1/2 cup / 125 ml milk
 - 1/2 tsp cinnamon powder
 - 1 tsp vanilla extract
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MACERATED STRAWBERRIES:

- 250g / 8 oz strawberries, halved
 - 1 tbsp white sugar
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Maple syrup, butter to serve

METHOD

- 1** Whisk together Egg Mixture in a bowl. Vigorous whisk = avoid cinnamon floating on top.
- 2** Melt 15g / 1 tbsp butter in a non stick skillet over medium heat.
- 3** Dunk a piece of bread quickly into the egg mixture, coating both sides. Place in pan. Repeat with more slices to fill the pan, but don't crowd it (do 2 or 3 at a time).
- 4** Cook for 2 1/2 - 3 minutes on each side until the surface is golden, then transfer to serving plates.
- 5** Add more butter into the pan and cook remaining bread.
- 6** Serve with butter and plenty of maple syrup, and Macerated Strawberries if using!
- 6** Toss strawberries with sugar, set aside for 20 minutes+. The strawberries will soften and sweat, and create a bit of syrup.