

The french toast



Serves :

8



Prep :

10 min.



Rest :

Freezing : -
Refrigeration : 1h mini.



Cook :

Temperature : -
Time : 10 min.

Special equipment

Pan

Large dish

List of recipes

- ✓ Bread slicing
- ✓ Lait de poule (eggnog)



Steps

☞ Making of the stale bread slices

2-3 cm thick

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☞ Making of the eggnog

Chill in the refrigerator for at least 1 hour

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☞ Cooking

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Ingredients

- ☑ Quantities of stale Bread, Brioche, Baguette, Viennoiserie, ...

The bread

- The bread should be stale! That means it should be dried out without being hard.
- A 3-4 day old bread is perfect.
- Cut slices that are 2 to 3 cm thick.
- Then place them in a large dish.



Ingredients

- ☑ 36 g ~ Egg yolk (x2)
- ☑ 1 ~ Whole egg
- ☑ 160 g ~ Whole milk
- ☑ 200 g ~ Whipping cream
- ☑ 1 ~ Vanilla pod (or extract)
- ☑ 36 g ~ Superfine sugar

The eggnog

Mixing sugar, eggs, and milk is called "eggnog"

Scrape a vanilla pod and infuse it in 160 g of milk (preferably whole milk as it retains the flavor better). Infuse for 30 minutes to 1 hour.

- In a separate bowl, add 1 whole egg, 2 egg yolks, and 36 g of sugar (superfine or brown sugar).
- Whisk until the sugar is well dissolved.
- Add the infused milk and mix well.
- Finally, add 200 g of heavy cream and mix well.
- Pour the mixture over the slices of bread, making sure they are well soaked.
- Cover the dish with plastic wrap and refrigerate for at least 1 hour. (Several hours is even better, the slices should be well soaked)

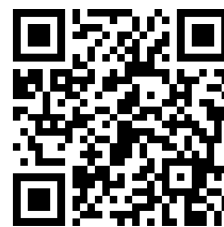


Ingredients

- ☑ 10 g ~ Butter
- ☑ QS of superfine sugar

The cooking

- In a frying pan over medium heat, melt a small piece of butter.
- When the pan is hot, place the soaked bread slices.
- Flip the bread slices when they begin to brown.
- Sprinkle sugar on top of the slices, then flip them.
- Sprinkle the other side and flip them once again.
- Cook each side until it has a nice caramelized color (over low to medium heat so as not to burn them).
- All that's left is to enjoy them.



Tips

❖ Bread :

The bread should be stale (usually between 2 and 4 days old).

For an even more delicious French toast, you can use brioche or Vienna bread (but it should still be stale, as it needs to be dried out)

❖ What to do with leftover eggnog ?

If you have leftover eggnog, don't throw it away! It would be illogical to not waste your bread and throw away the cream. Instead, it can be used as a custard for crême brûlée.

To do this, strain the eggnog to remove any crumbs... Then pour it into small ramekins.

Place the ramekins in a large container containing a little water (to cook them in a water bath).

Then bake for about 35 minutes at 160°C/320°F. Ideally, the custard should be slightly jiggly when shaken.

Finally, refrigerate your custards for at least 4 hours. Just before serving, sprinkle with brown sugar and use a kitchen torch to caramelize the sugar.

❖ Flavoring the eggnog :

You can also add 5g of orange blossom or rum to the eggnog, if desired.