

SOURDOUGH FRENCH TOAST



earls
KITCHEN + BAR

INGREDIENTS:

Sourdough Bread
Egg Mix (see recipe)
Chantilly Whipped Cream (see recipe)
Raspberry Sauce (see recipe)
Butter
Seasonal Mixed Berries
Icing Sugar
Maple Syrup
Whipped Butter

EGG MIX:

2 ½ cups egg whites
6 egg yolks
½ cup 2% milk
½ cup whipping cream
1 ½ tsp vanilla extract
¾ tsp orange zest
In a medium large bowl combine all ingredients and whisk until thoroughly combined.

CHANTILLY WHIPPED CREAM:

½ cup whipping cream
1 Tbsp icing sugar
¼ tsp vanilla extract
Chill a mixing bowl and ensure whipping cream is also very cold. Add sugar and vanilla and whip until just stiff.

RASPBERRY SAUCE:

½ pint raspberries
1 Tbsp sugar
1 tsp lemon juice
In a saucepan over medium low heat, combine all ingredients and cook until raspberries are completely broken down. Remove from heat and strain through a fine sieve to remove seeds.

METHOD:

Dip 2 pieces of Sourdough Bread into French Toast Egg Mix and submerge for 5 seconds.

Flip each piece of Sourdough Bread and submerge again for 5 seconds.

Place ½ oz cold Butter onto a preheated 400°F griddle and allow to melt and foam (do not allow to brown).

Cover with the 2 battered pieces of Sourdough Bread and cook until golden brown, approximately 4 minutes.

Flip and continue cooking until the second sides mirror the first, approximately 3 – 4 minutes.

Place the 2 pieces of French Toast onto a warm large round plate.

Top with 2 fl oz Chantilly Cream, 1 ½ oz Seasonal Mixed Berries, 1 fl oz Raspberry Puree, and dust with 1 tsp sifted Icing Sugar.

Serve with 1 fl oz Maple Syrup and 1 Tbsp Whipped Butter.

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