



CRÈME BRULEE FRENCH TOAST

Corey Heaward - Student, Aleksandar Petrovic - Student
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York County Community College
Wells, Maine

Ingredients:

Crème Brulee

Egg yolks 9
Granulated white sugar 3/4 c. + 6 Tbsp.
Heavy cream 3 c.
Whole milk 1 c.
Vanilla bean 1

French Toast

Day old French bread 1-2 loaves (depending on size)
Large eggs 6
Whole milk 1 1/2 c.
Sugar 1/4 c.
Ground cinnamon 3/4 tsp.

Raw cane sugar
Confectionary sugar
Mint
Strawberries

Directions:

Crème Brulee

Whisk the egg yolks together in a bowl with sugar. Place cream and milk into a heavy duty sauce pan. Split the vanilla bean length wise and scrape out bean into sauce pan with cream. Add remaining vanilla bean to pan. Bring the cream mixture to the boiling point. Whisk it into the egg yolk and sugar mixture. Remove any pieces of the vanilla bean from the egg and cream mixture. Place in a shallow pan (one which can be baked in the oven in a hot-water bath). Place in pre-heated oven set at 350 degrees for about 45 to 60 minutes. Cook until custard sets.

Place in refrigerator over night so it will set firmly and be chilled. The crème' brulee can be made 24 hours in advance.

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French Toast Batter

Combine all ingredients into a stainless steel bowl. Whip all ingredients together to fully mix cinnamon into batter.

Slice French bread into 1/2 inch to 3/4 inch slices on a bias. Soak bread slices in batter so batter is fully absorbed into the bread. Place dipped bread onto a well buttered griddle or fry pan. Fry each side of bread to fully caramelize the egg batter.

Place bread on serving plate with desired portion. Take chilled custard and put a generous amount of custard on each piece of toast. Sprinkle with Raw Cane sugar. Using a Crème Brulee torch, carefully brown cane sugar.

Garnish with fresh mint and strawberry.
Serves 6.

This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.

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