

Crème Brulée French Toast

as prepared at The Harding House Bed&Breakfast, Cambridge, MA

Ingredients:

- 1 large loaf of French bread
- 1 cup/237 ml of packed brown sugar
- 2 Tbsp/30 ml of maple syrup
- ½ cup/118 ml of butter
- 5 eggs
- 1 ½ cups/ 355 ml of half and half
- 1 tsp/5 ml vanilla
- ½ tsp/2.5 ml of salt

Steps

- Remove crust from bread. Slice bread in pieces to fit lengthwise in pan. Then slice bread lengthwise into two equal halves.
- Make sure bread is dry. Soft bread will not soak up egg mixture.

Ways to dry bread:

-Use a fork to poke holes throughout bread, allowing air to circulate.

-Put bread pieces in oven at a low temperature for about ten minutes.

Remember not to toast the bread, you are simply drying it out.

- In a microwave safe bowl/pitcher combine syrup, butter, and brown sugar cook for about 3 minutes then stir together. Mixture should be syrupy.

If mixture is not syrupy

-Stir briskly, whisking melted butter into sugar/maple syrup

-Cook for a few minutes longer

-Add more sugar

- Pour into bottom of pan. Bread pieces should be all set to use as they need to be place into the syrup quickly, before it hardens. Place half of the bread slices on top of the syrup. This will be the bottom layer of the french toast. Set aside the other half of bread pieces to use as the top layer.
- In a large bowl/pitcher beat eggs, vanilla, half and half, and salt.
- Pour half of the egg mixture evenly onto bread. Ideally the bread pieces will be fairly wet and covered without too much excess egg mixture.

Ways to evenly coat bread

-Using a fork, push bread pieces down while tilting pan

- Place second layer of bread pieces on top of egg soaked first layer in a cross hatch pattern. This will help keep the pieces together when it is cut for serving. Pour more egg mixture over this second layer, coating evenly.
- Cover and refrigerate overnight.

The Next Morning

Bake at 350° for 35 – 45 minutes.

- As French toast is cooling repeat step 2 (halving the amount) and drizzle on top of the French toast.
- Cut into triangles and serve.