

French Toast with Caramelized Apples or Pears

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 50 minutes

Chef's Notes

The best part about this decadent French toast is that all of the ingredients are likely to be stocked in your pantry already!

The caramel sauce for this can easily be made in advance. Also if you prefer, you can serve the French toast with Berry Compote instead of the sautéed apples and caramel sauce.

Making the Caramel Sauce

NOTE: IF YOU HAVE NOT MADE CARAMEL SAUCE BEFORE, PLEASE BE VERY CAREFUL. THE SUGAR IS EXTREMELY HOT AND CAN CAUSE SEVERE BURNS.

In a medium pot, boil the sugar and water together over medium to low heat until the sugar caramelizes and turns golden brown. Be sure not to stir the mixture as the sugar heats. This will take approximately 7 to 15 minutes.

Once the sugar is golden, immediately remove the pot from the stove and carefully whisk in the cream. Wear oven mitts and be very careful. The cold cream will splatter when it hits the hot sugar. Once the cream has been added, whisk in the butter one tablespoon at a time. Then set the caramel aside to cool slightly as it will still be very hot.

Serve warm or at room temperature with cakes, tarts, ice cream or even French toast. Any leftover caramel sauce can be kept in a plastic container or squeeze bottle and stored in the refrigerator for quite a few days.

Note: Instead of using salted butter, you can use unsalted butter and season the sauce at the end with a bit of fleur de sel or gray salt.

Step 1: Making the Caramel Sauce

- 1 1/2 cups sugar
- 3/4 cup water
- 1 cup heavy cream
- 2 tbsp salted butter

Caramelizing the Apples

To prepare the apples, first peel and core them. Then quarter them and cut each quarter into four pieces.

To cook the apples, melt the butter over medium-high heat. Once the butter has almost melted, add the brown sugar. Let the sugar dissolve into the butter before adding the apples. Let the apples cook and begin to caramelize before tossing.

The apples are done when they are a nice golden color on all sides.

Step 2: Caramelizing the Apples

- 2 whole apples or pears
- 2 tbsp unsalted butter
- 3 tbsp brown sugar

Preparing & Cooking the French Toast

To prepare the French toast, begin by mixing together the eggs, vanilla, salt and milk. Pour the mixture into a dish large enough to hold a few pieces of bread at a time.

Soak the bread in the egg mixture for a minute or two, or until the bread is just soaked through.

Turn the heat to medium-high and lightly oil your griddle or frying pan. Cook the bread on each side for about 3 to 5 minutes or until it is golden and cooked all the way through. The centre should no longer be eggy or wet.

Serve with the caramelized apples and then drizzle with the warm caramel sauce.

Step 3: Preparing & Cooking the French Toast

- 2 tbsp vegetable oil or butter
- 3 large eggs
- 1 tsp vanilla
- 1/4 tsp table salt
- 2/3 cup milk
- 8 slices thick, sliced bread
- 1/8 tsp almond extract (optional)