

FOR YOU WITH ♥

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FRENCH TOAST
WITH FRUIT SAUCE & WHIPPED CREAM

Celebrate Valentines with your family with this gorgeous French toast topped with homemade fruit sauce and fresh, whipped cream. French toast isn't just for breakfast - this makes a great dinner!

We'll do everything together, just have everything assembled. Keep the fruit frozen and the whipping cream cold. We're only going to fry a few slices of French toast, during our session - save the rest for after the session. That way we can have time to make the other recipes and work on our presentation of the final product.

Tools & Equipment

large fry pan or griddle

shallow bowl/casserole dish

measuring cup

measuring spoons

whisk

rubber scraper

citrus zester or micrograter

oven proof plate/platter

medium sized pot

wooden spoon

small bowl & teaspoon

serving dish for fruit sauce

deep bowl for whipping cream

hand held beaters

serving dish for whipped cream

dinner plate for assembling final dish

Grocery List

4 eggs

1 cup milk (or non-dairy alternative)

vanilla extract

cinnamon

granulated sugar

canola oil or butter

8-10 slices thick dry bread (or Gluten Free bread)

4 cups frozen berries and/or rhubarb (a combination works too!)

1cornstarch

1 cup heavy whipping cream (33-38% MF) (or dairy-free yogurt)

Email me at getty@gettystewart.com if you have any questions.

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French Toast Recipe

4 eggs
1 cup milk or cream
1 tsp vanilla
1/2 tsp cinnamon
1 Tbsp sugar
1-2 Tbsp canola oil or butter
8-10 slices thick dry bread*

Instructions

In shallow dish big enough for dipping bread, use whisk to beat eggs. Whisk in milk, vanilla, cinnamon and sugar.

Dip each slice of bread into egg mix just before cooking. For thick, dense bread, let soak for 30 seconds or longer. Give thin, fresh bread just a quick dip on each side to prevent it from getting too soggy.

Heat large skillet over medium-high heat with 1 Tbsp of oil or butter. Add remainder as needed while frying the bread.

Add dipped bread and cook over medium heat until brown on both sides about 2 minutes per side.

Keep cooked French toast slices in 200°F oven until ready to serve.

Yield: 8-10 slices

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Fruit Sauce Recipe

4 cups frozen fruit (I'll be using 2 cups rhubarb and 2 cups strawberries)
1/2 cup water, divided
1/2-2/3 cup sugar
2 Tbsp cornstarch

Instructions

In medium sized pot, bring frozen fruit and 1/4 cup water to boil, about 5-8 minutes. No need to thaw frozen fruit, just cut large pieces to about 2-3 cm and remove ice crystals.

Add sugar and simmer until fruit is as tender as you'd like. For chunky, noticeable pieces of fruit only cook 2-3 minutes, if you like very tender fruit cook 5-10 minutes.

In a separate small bowl, mix cornstarch with remaining 1/4 cup water. Stir until fully dissolved. Gradually stir into fruit mixture when it has reached desired consistency. Bring to boil, stirring continually. Cook for another 1-2 minutes until sauce thickens and becomes glossy.

Taste and adjust sweetness to your liking. Remove from heat and let cool. Mixture will thicken further as it cools.

Keep in fridge for up to 5 days. Fruit sauce with cornstarch does not freeze well.

Yield: 3 cups

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Whipping Cream Recipe

1 cup heavy whipping cream (33-38% MF, milk fat)
1 Tbsp sugar
1 tsp vanilla extract

Instructions

Keep cream cold until ready to beat. Use a chilled glass or stainless steel bowl and hand held beaters for best control.

Pour 1 cup whipping cream into a deep bowl (to prevent splattering).

Begin beating the cream on low, then turn beater to high. After about 1 minute you'll notice the cream gets a little thicker, but it will still drip off the end of the beater. Add sugar and vanilla.

Continue to beat the cream for another 45 seconds. Check the tips of the beater and observe the peaks – are they drooping (soft peaks that flop down) or standing straight up (stiff peaks that hold their shape).

Continue to beat and stop every 20 seconds to check the cream. The cream can go from smooth and stiff to grainy very quickly. Don't be tempted to go any further once you have smooth stiff peaks. Stop whipping. You are done.

Makes 2 cups whipped cream

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