

Creme Brulee French Toast

*2 cups heavy cream
1/4 cup plus 4 tbsp sugar
1 pinch salt
3 egg yolks
1 tsp. pure vanilla extract
Un sliced white sandwich bread**

Cook Time:

To ensure a smooth consistency, line the bottom of the baking pan or glass pyrex dish with a damp kitchen towel before adding the ramekins and boiling water.

Preheat oven to 300 degrees Fahrenheit and have a pot of boiling water ready.

In a saucepan over medium heat, combine cream, 1/4 cup sugar and salt, and cook, stirring occasionally, until steam rises, 4-5 minutes.

In a bowl, beat egg yolks and vanilla until smooth. Pour hot cream into yolks, a little at a time, stirring constantly, until blended. Strain mixture through a fine mesh, sieve, set over a bowl, and divide mixture among 4, 6 oz. ramekins. Place ramekins in a baking pan, and add boiling water to fill pan half way up sides of ramekins. Cover loosely with foil, and bake until custard is just set, 25-30 min. Chill 2-3 hrs.

Trim crust off bread and cut into several 1 3/4 inch thick slices. Using a serrated knife, cut deep pockets on each slice (don't cut all the way through).

Fill each pocket with creme brulee just enough to keep inside.

In a shallow dish, whisk together 3 eggs and 1 1/2 cut of half and half. Place filled bread in egg mixture; let stand until the bread is saturated, turning bread to soak all sides.

Melt butter in large skillet or griddle; add bread; cook until golden brown on all sides and filling hot.

When taken off griddle, sprinkle about 3/4 tsp of sugar on top of bread and use kitchen torch to caramelize sugar, use small circular motions just above the surface. Serve immediately. Serve with a side of pure maple sugar.

**Buy the best unsliced white sandwich bread (try your favorite bakery).
When very fresh, it's hard to cut neatly so use a few days after purchase.*

Per Serving (excluding unknown items): 1819 Calories; 191g Fat (93.0% calories from fat); 18g Protein; 14g Carbohydrate; 0g Dietary Fiber; 1291mg Cholesterol; 334mg Sodium. Exchanges: 1 Lean Meat; 1 1/2 Non-Fat Milk; 37 1/2 Fat.