

Recipe No. 13/2014

Spanish French Toast

Apart from steaming meat and vegetables, the Varoma, or steaming unit, has so many more creative cooking uses. Give this yummy Spanish French toast recipe a try.

Serves: 8

Preparation time: 20 minutes

Thermomix time: 38 minutes

Ingredients

1000g milk
150g sugar
1 lemon peel
1 cinnamon stick
1 white bread, dry, cut into slices (2cm)
2 eggs Butter, liquid, for greasing
750g water
8 tbsp sugar
3 tbsp cinnamon

Method

1. Place milk, sugar, lemon peel and cinnamon stick into mixing bowl, cook **12 min/100°C/reverse/spoon speed**. Transfer milk mixture into a bowl and let it cool down until lukewarm. Place bread slices into milk mixture so that they are covered and let them soak..
2. Place eggs into mixing bowl, mix **10 sec/reverse/speed 5**. Transfer into a bowl and set aside.
3. Butter cling film squares large enough to wrap each bread slice. Take a soaked bread slice, place it into beaten eggs, turn around and place it on a cling film square. Wrap bread slice and place it into Varoma, Repeat this step until all bread slices are wrapped..
4. Pour water into mixing bowl, place Varoma into position and steam **25 min/Varoma/ speed 1**. While cooking, preheat the oven at 250°C. Mix sugar with cinnamon on a plate and set aside.
5. Remove Varoma. Carefully unwrap bread slices, cover both sides with sugar-cinnamon mixture. Then place sugared bread slices onto a baking tray covered with baking paper. Place tray into oven and bake bread slices for 3 minutes.
6. Serve lukewarm.

Cook's notes

- Use a French loaf or dry hot-dog rolls.
- We used less cinnamon in the sugar/cinnamon coating mixture. 3 teaspoons to the 8 tablespoons sugar.
- Optional: Mix the eggs into the cooled milk mixture and soak the bread into the egg mixture in one step.
- We baked ours in the oven for a minute or two longer. Take care not to over cook.
- Serve with Mascarpone cheese, fresh fruit or maple syrup for extra decadence.

Recipe taken from **Full steam ahead** Thermomix steaming book. To purchase one of these books, please contact Caron on **011 974 1171** or email caron@sathermomix.co.za



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