

Cooking School

with the London Chef

French Toast

with Strawberry & Rhubarb Compote and Honey Whipped Mascarpone Cream

A note: This recipe is flexible, and you can adjust it to your taste. Add more or less of what you like, and feel free to make substitutions - enjoy cooking.

These measurements will feed 2 people, often with leftovers, and can be doubled. You may need larger cooking equipment or to cook in batches when cooking for more people.

French Toast

Thick sliced white bread or brioche
2 eggs
Milk
White sugar
Vanilla bean, extract or essence
2 knobs butter

Compote

1 punnet of fresh strawberries
2-3 fresh rhubarb stalks
White sugar

Mascarpone Cream

$\frac{3}{4}$ cup mascarpone
Honey
Orange
 $\frac{1}{2}$ cup whipping cream

Cooking Equipment

Small pot
Knife
Cutting board
Large non-stick frying pan
Small mixing bowl
Zester or grater
Deep roasting tray for soaking french toast
Canola oil

**GF friendly - sub gf bread*

**Vegetarian*

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Method

1. Cut off the end of rhubarb stocks, split them lengthwise then chop up in a pot. Add 3 tbsp of white sugar for 3 stalks (same ratio up to 5 stalks, then cut down sugar if more rhubarb) and a splash of water and boil on a high heat. Turn off once boiled then add the sliced up strawberries and mix with the rhubarb and its residual heat will cook the strawberries. If using frozen strawberry, thicken the mixture with corn starch. Let it cool down and thicken on the side.
2. In a deep roasting tray, crack 2 eggs, add ½ cup milk, 1 tbsp vanilla bean or extract and whisk. Add 1 tbsp sugar if using any other bread, not brioche. (Omit sugar for brioche) Cut 1-inch thick of white loaf then soak the bread in the mixture. Using the bread like a sponge, absorb the liquid on both sides. Have a frying pan on a medium heat with a knob of butter and canola oil and let the butter melt. Lay in the bread and turn down to low and leave the bread alone. Then turn over once golden then turn off the heat so the residual heat will cook off the other side. Have a plate lined with a paper towel and drain extra oil from the bread before serving.
3. In a mixing bowl, add honey, mascarpone cheese (or ricotta/cream cheese), ½ cup whipping cream, and some orange zest then whisk until thick.
4. You can serve this family style down the centre of the table or build stacks with french toast, cream and then compote.