

Cooking School

with the London Chef

Spiced Egg Nog French Toast with Candied Nuts & Caramelized Bananas

For a true chef mis-en-place experience we suggest having the ingredients out, washed and measured, and the equipment ready to go before you begin cooking. Pour yourself a large glass of whatever you like to enjoy while cooking, and remember to have fun in the kitchen! These quantities can be easily doubled, but if you increase food quantity make sure to use appropriate sized pots/pans for for the best outcome.

French Toast

Thick sliced white bread, brioche or challah
Carton of egg nog
6 eggs
Ground nutmeg
Ground cinnamon
Canola oil

Nuts

Selection of unsalted roasted nuts
White sugar
Orange
1 egg
Ground nutmeg
Ground cinnamon

Banna

2 bananas
White sugar
Vanilla extract or pod
Unsalted butter

Equipment

Deep tray for soaking french toast
Large non-stick frying pan x 2
Flipper
Paper towel
Lined baking tray
Whisk
Mixing bowl
Oven pre-heated to 350