



## **Brioche French Toast with Banana-Apple Caramel and Whipped Sour Cream**

Serves 4-6 people

For the Caramel:

1 bunch Bananas, peeled & halved (about 4-5)  
4 Apples, peeled, cored, and halved  
1 pound Sugar  
1/2 cup Calvados  
2 cups Heavy Cream  
1/2 pound Butter

For the Whipped Cream:

2 cups Heavy Cream  
1/8 cup Sugar  
2 cups Sour Cream

For the French Toast:

1 loaf Brioche, Sliced 3/4 inch thick  
12 eggs  
1/2 cup milk  
1 T. Sugar  
1 tea. ground Cinnamon

In a heavy bottomed sauce pan, caramelize the sugar then flambé the calvados. Separately, sauté the apples and bananas until they are golden brown. Add the apples to the caramel, cover with foil and bake at 350 degrees until they are soft, about 15-20 minutes. Remove the apples from the caramel and dice. Add the cream and butter to the caramel and return to the heat. Fold in the diced apples and diced bananas. Cook for 5

minutes then set aside.

Whip the heavy cream with the sugar until very stiff and almost over whipped. Fold in the sour cream. Chill in the refrigerator.

Beat the eggs with the milk, sugar and cinnamon.

To Serve:

Soak the brioche slices in the egg mixture. Brown both sides of the brioche in a non-stick pan with a little butter. Finish in a 350 degree oven until the French toast is fully cooked. Place two slices on a plate, ladle the caramel sauce over the French toast and finish with a dollop of the whipped sour cream.