

# Berrylicious French Toast with “Blood” Syrup

Serves 2

## INGREDIENTS

### FRENCH TOAST

3 egg yolks  
120ml full fat milk  
3 tbsp light brown sugar  
1 tsp vanilla extract  
6 thick slices **brioche bread**  
2 tbsp unsalted **butter**

### FIG, BLACKBERRY AND RASPBERRY COMPOTE

3 figs, sliced into quarters  
70g blackberries  
70g raspberries  
6 tbsp light brown sugar

### BLACKBERRY MAPLE SYRUP

100g blackberries  
1 tsp lemon juice  
120ml maple syrup

### TO SERVE

6 tbsp **Crème fraîche**  
Fresh blackberries, raspberries and figs  
1 tbsp icing sugar

### ALLERGENS HIGHLIGHTED IN BOLD



## PREPARATION

1. Start by making the blackberry maple syrup. Place the blackberries and lemon juice in a small saucepan. Mash the blackberries with a potato masher, place a lid on the pan then heat over a medium high heat. Bring to the boil and simmer for 5-6 minutes, until the blackberries release their liquid. Remove from the heat and strain the liquid in a bowl using a sieve. Mix in the maple syrup and put to one side.
2. For the compote, place the figs, blackberries, raspberries and sugar in a pan. Heat over a medium heat. Bring to the boil, place a lid on the pan and simmer for 8-10 minutes, stirring occasionally, until the liquid is slightly syrupy. Turn off the heat.
3. To make the French toast, mix together the egg yolks, milk, sugar and vanilla extract in a wide, shallow bowl. Melt half of the butter in a large frying pan over a medium-high heat. You'll need to work in two batches. Take 3 slices of bread and dip in the egg mixture, covering the bread on both sides. Place the bread in the pan and cook for 4-5 minutes, turning once, until browned on both sides. Remove from the pan. Melt the remaining tablespoon of butter and repeat with the remaining bread.
4. To assemble the French toast, place a piece of the toast on a plate. Spoon on 1.5 tbsp of crème fraîche and top with a spoonful of the compote. Place a second piece of toast on top, spoon on a further 1.5 tbsp of crème fraîche, then top with a spoonful of compote. Top with a third piece of toast, then spoon on a little more compote and decorate with fresh berries and sliced figs. Repeat with the second stack of French toast.
5. Sprinkle on the icing sugar and drizzle with the blackberry maple syrup before serving.