

APPLE FRENCH TOAST

ZEST & PEEL RECIPE - BRANDEE KNOWLES

INGREDIENTS:

1 LB. LOAF OF STALE FRENCH OR BRIOCHE BREAD, CUT INTO SQUARE PIECES. LEAVE OUT ON COOKIE SHEET TO DRY OUT.

2 - 3 GRANNY SMITH APPLES, PEELED & DICED SMALL - CAN ALSO REPLACE WITH FROZEN BLUEBERRIES OR NO FRUIT.

8 EGGS

2 CUP OF MILK

1/2 CUP HEAVY CREAM

1/2 CUP SUGAR

1/4 CUP BROWN SUGAR

2 TBSP VANILLA

1 & 1/2 TSP CINNAMON OR PUMPKIN SPICE OR APPLE PIE SPICE

STREUSEL:

3/4 CUP FLOUR

3/4 CUP BROWN SUGAR

2 TBSP CINNAMON

1/4 TSP GINGER

1/4 TSP NUTMEG

1/4 TSP SALT

1/2 CUP BUTTER CUBED AND VERY COLD

DIRECTIONS:

USING BUTTER, GREASE AN 11 X 13 DISH.

PLACE HALF OF THE BREAD INTO THE DISH AND ALL OF THE DICED APPLES EVENLY SPREAD OVER THE BREAD. THEN ADD THE REST OF THE BREAD ON TOP.

IN A LARGE MIXING BOWL, WHISK OR BLEND EGGS, MILK, CREAM, SUGARS, VANILLA, AND SPICES TOGETHER UNTIL COMPLETELY BLENDED.

POUR MIXTURE OVER THE BREAD AND APPLES AND PRESS TOP LAYER OF BREAD DOWN INTO THE MIXTURE, SO THAT IT ABSORBS EGG MIXTURE.

COVER THE DISH WITH SARAN WRAP AND PLACE IN THE REFRIGERATOR OVERNIGHT (8 TO 10 HOURS).

TO MAKE STREUSEL TOPPING, PLACE ALL INGREDIENTS INTO A FOOD PROCESSOR AND PULSE UNTIL BUTTER IS PEA SIZE THROUGHOUT MIXTURE. REMOVE AND PUT INTO AN AIRTIGHT CONTAINER OR BAG. SET ON TOP OF COVERED DISH IN REFRIGERATOR OVERNIGHT.

PREHEAT OVEN TO 350 DEGREES. COOK FOR 45 MINUTES OR UNTIL GOLDEN BROWN.

SERVE WITH CARAMEL SAUCE & WHIPPED CREAM.

SALTED CARAMEL SAUCE

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1 CUP UNSALTED OR SALTED BUTTER (IF YOU WANT SALTED CARAMEL SAUCE)
2 CUP BROWN SUGAR
2/3 CUP HEAVY CREAM
1 TBSP VANILLA

DIRECTIONS:

IN A MEDIUM POT OVER MEDIUM HEAT, MELT THE BUTTER.
ADD BROWN SUGAR AND HEAVY CREAM AND WHISK UNTIL COMPLETELY DISSOLVED AND CREAMY.
WHILE STIRRING CONTINUOUSLY, BRING TO A BOIL AND ALLOW TO BOIL 2 TO 3 MINUTES.
THEN, REMOVE FROM HEAT TO COOL. TASTE TO MAKE SURE IT HAS ENOUGH SALT FLAVOR. IF NOT STIR IN A LITTLE MORE WHILE HOT.
STORE IN MASON JARS IN REFRIGERATOR FOR UP TO 1 MONTH.