






Caramelized apple French toast

(Christmas)

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-  **SERVINGS: 8**
 -  **PREPARATION TIME: 30 MINUTES**
 -  **COOKING TIME: 27 MINUTES**
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Ingredients

FOR THE FRENCH TOAST

- 30 mL (2 tablespoons) butter
- 4 beaten eggs
- 375 mL (1½ cup) 15% cream
- 65 mL (¼ cup) brown sugar
- 6 slices of bread, diced

CARAMELIZED APPLES

- 125 mL (½ cup) butter
- 65 mL (¼ cup) brown sugar
- 3 McIntosh apples, peeled and diced
- 1 pinch of cardamom or cinnamon (optional)

Directions

- 1 Preheat the oven to 375°F.
- 2 Grease 8 oven-safe ramekins.
- 3 In a bowl, mix together the eggs, cream and brown sugar. Add the bread, mix well and add to ramekins.
- 4 Cook for 20 minutes or until the bread is golden brown.
- 5 In a pan over high heat, melt the butter and cook the apples for 2 minutes. Reduce heat to medium, add brown sugar and cardamom or cinnamon and cook for 3 more minutes. Set aside.
- 6 Add the caramelized apples to each ramekin.
- 7 Drizzle with cognac to taste and serve immediately.