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**Almond French toast
with blood oranges**



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SERVES 2 PREP 15 mins plus soaking COOK 10 mins EASY V

2 eggs
200ml milk
50ml double cream
splash of almond or vanilla extract
pinch ground cinnamon
4 thick slices brioche
50g almonds
knob of butter
2 blood oranges, peeled and sliced
natural or coconut yogurt and
maple syrup, to serve

1 Mix the eggs, milk, cream, almond or vanilla extract and cinnamon in a broad, shallow bowl (a pasta bowl is ideal). Dunk the brioche into the mixture, turning it to coat each side. Leave to soak for at least 20 mins, turning it every now and then until the mixture has all been absorbed. Alternatively, you can leave it to soak overnight.

2 Scatter the almonds over a plate. Gently lift each slice of brioche (it will be very delicate now) onto the almonds, turning and pressing to help the almonds stick.

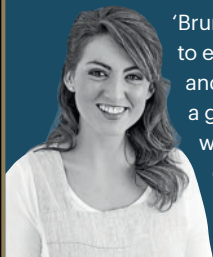
3 Melt the butter in a large frying pan. When foaming, add the brioche and cook over a medium heat for 3-4 mins each side until golden and cooked through. Serve straight away with the blood oranges, yogurt and maple syrup.

GOOD TO KNOW calcium · folate · vit c · 1 of 5-a-day

PER SERVING 855 kcals · fat 53g · saturates 19g · carbs 67g · sugars 17g · fibre 5g
· protein 26g · salt 1.4g



Photographs TOM REGESTER



‘Brunch is my favourite meal. Firstly, we only seem to eat it at weekends, which makes it feel special; and secondly, the best brunch dishes come with a generous helping of maple syrup – and when else would you get away with that? French toast is one of the best brunch options and this one, with its crunchy almond exterior, is irresistible.’

Cassie Best