



JERNEJ KITCHEN

FRENCH TOAST WITH POACHED RHUBARB AND PISTACHIOS

Breakfasts like these give us so much energy so they are completely worth extra 10 minutes in the morning.

SERVES 4 PEOPLE
PREPARATION: 20 MINUTES

RHUBARB POACHED LIQUID

- 200 g sugar
- 200 g water
- 200 ml dry white wine
- 100 g raspberries, fresh
- 6 rhubarb stalks, leaves removed
- 1 thumb size ginger
- 1 lemon, zest and juice

FRENCH TOAST

- 100 g whipping cream
- 50 g full fat milk
- 1 egg, free range
- 1 tbsp sugar
- 4 thick slices of brioche bread
- 1 knob of butter
- 50 g whipping cream (topping)
- 20 g pistachios, chopped (topping)

TOOLS AND EQUIPEMENT

- kitchen knife
- saucepan
- bowl

RHUBARB POACHING LIQUID

Place caster sugar, water and white wine into a saucepan. Bring to a boil, cook for about 3 - 4 minutes, then remove from the heat. Add the raspberries and blend everything into a smooth poaching liquid.

POACH THE RHUBARB

Clean the rhubarb stalks and cut them into small chunks, about 5cm / 2 inch long. Pour the poaching liquid into a large saucepan. Add the lemon juice and lemon zest and thinly sliced ginger. Bring to a boil, add the rhubarb chunks and cook for about a minute or two. Remove from the heat, drain the poached rhubarb and reserve the poaching liquid. Pour the poaching liquid back to the saucepan and return to the medium-high heat. Continue to cook for about 5 - 10 minutes to reduce the liquid. Remove from the heat and set aside to cool slightly. When the liquid cools, add the rhubarb and set aside until needed.

FRENCH TOAST

In a small bowl combine the whipping cream, milk, egg, caster sugar and a pinch of sea salt. Dip each slice of brioche bread in the mixture. In medium skillet, melt butter over medium heat. Fry slices of bread until golden brown, for about 5 minutes on each side, on low heat.

Sponsored SERVE

Serve the french toast with poached rhubarb, poaching liquid, a bit of whipping cream and sprinkled with chopped pistachios. Bon appetite.