

Miele

Parmesan French toast with parsley and shallot sauce

By Miele

15 minutes

Preparation Time

15 minutes

Cooking Time

6 serves

Serves



INGREDIENTS

French toast

- 3 eggs, lightly beaten
- 125 ml (½ cup) cream
- 60 g parmesan, finely grated
- 1 pinch smoked paprika
- 6 thick slices sourdough bread

Parsley and shallot sauce

- 1 shallot, roughly chopped
- 1 garlic clove, finely chopped
- 1 bunch parsley, leaves picked
- 1 ½ tbsp chardonnay vinegar
- 1 tsp Dijon mustard
- 80 ml (1/3 cup) extra virgin olive oil
- Salt flakes, to taste

To serve

- 200 g cherry tomatoes
- 2 bunches asparagus

METHOD

French toast

1. Preheat the griddle plate on medium-high heat, induction setting 7, for 5 minutes. Do not grease.
2. Meanwhile, combine the eggs, cream, parmesan and smoked paprika in a large bowl, mix well.
3. Soak the sourdough bread slices in the egg mixture for 3 minutes.
4. Turn the griddle plate down to medium heat, induction setting 6, and place the soaked bread slices on the plate.
5. Cook the French toast for 3 minutes on both sides, or until golden brown.

Parsley and shallot sauce

1. Blend or process the shallot, garlic, parsley, vinegar and mustard until smooth. Add the oil and pulse until emulsified. Season to taste, add more vinegar if needed.

To serve

1. Place the tomatoes and asparagus on the hot griddle plate. Cook for 3 minutes on medium-high heat, induction setting 7 for 4 minutes, or until just tender.
2. Place the French toast on the serving plate with the vegetables and parsley and shallot sauce.

Hints and tips

- The parsley can be substituted with any fresh, homegrown herbs.
- Mushrooms are delicious with this dish as well.
- When planning a brunch, it's great to have a selection of easy and delicious dishes that can be prepared ahead of time or quickly cooked on the spot. This dish only takes a couple of minutes to put together and all 6 serves can be cooked at once when using the gourmet griddle plate.