

French toast in AirFry with crème anglaise

COOKING
LOVERS TESA



Consejo del chef

Set aside to cool for a few minutes, and coat them with a mixture of sugar and cinnamon. Serve with the crème anglaise.

Raciones para 6

400 ml Whole milk

200 ml Heavy Cream or whipping cream

80 gr Sugar

1 Cinnamon stick

Orange peel

Previous milk infusion

2 Egg yolks

Thick bread or brioche bread slices

? Previous milk infusion

3 Eggs

Olive oil

100 gr Sugar

1 Teaspoon Ground cinnamon

- 1** For the milk infusion, heat all the ingredients together in a saucepan and bring to a boil. Then, remove the saucepan from the heat and set it aside with a lid for five minutes to infuse. Remove the cinnamon and the orange peel.
- 2** Place 2/3 of the milk infusion in a large tray and keep the rest in the saucepan for the crème anglaise.
- 3** For the crème anglaise, whisk the egg yolks in a bowl, add part of the milk infusion, and whisk again to combine well. Heat this mix in the saucepan over low-medium heat, stirring constantly with a spatula, until it thickens. The milk and egg yolks shall not be more than 85 °C to prevent the mix from curdling. When it thickens, set it aside in a jar to cool or reach room temperature.
- 4** For the French toast, whisk the eggs with the milk in the tray. Slice the bread to the desired thickness and arrange the slices on the tray. Soak for 10 minutes each side for brioche and one hour at least for other types of bread. Preheat the AirFry oven to 200 °C and place the bread slices in the perforated oven tray lined with parchment paper.
- 5** Add olive oil with a spray, bake for seven minutes on one side, flip them, spray again with oil, and bake for three minutes until golden brown on this side.

Chef's Notes

<https://cookinglovers.teka.com/es/receta/torrijas-en-airfryer/>

