

Kentucky Farm to School Junior Chef



French Toast Bake with Berry Compote

Fear the Fork-Owensboro High School

Ingredients:

French Toast

1 Loaf French Bread
3 Large Eggs
1 Cup Milk
½ Cup Half & Half
¼ Cup Honey
1 Tbsp Vanilla
2 tsp Cinnamon

Berry Compote

2 Whole Peaches
2 Cups Strawberries
6 oz Blueberries
6 oz Raspberries
6 oz Blackberries
4 oz Orange Juice

Topping

¾ Cup Brown Sugar, Packed
2 Tbsp. All-Purpose Flour
¼ Cup Whole Wheat Flour
2 tsp Cinnamon
5 Tbsp Butter

Garnish

Strawberry
Mint Leaf

Directions:

Preheat oven to 350 ° F

Grease baking pan.

For French Toast:

In a medium bowl, whisk together eggs, milk, half & half, honey, vanilla and cinnamon.

In a separate bowl, tear French Bread into medium sized chunks.

Pour egg mixture into the bread bowl and toss lightly.

Place bread mixture into a greased baking pan, distribute evenly, and set aside.

For Topping:

In a small bowl, combine brown sugar, all-purpose flour, whole wheat flour, and cinnamon.

Cut butter into small pieces and place over brown sugar mixture.

With a fork, mash butter into brown sugar mixture until it resembles small crumbs.

Sprinkle topping mixture evenly over bread mixture.

Cover with aluminum foil and bake for 30 minutes.

Remove foil and back an additional 20 minutes or until golden brown and baked through.

For Berry Compote:

Properly wash all fruit.

Place 3 oz. of whole blackberries in the saucepan. Place strainer on the saucepan.

Smash the remaining 3 oz. of blackberries against the side of the strainer using a spoon.

Pour orange juice over blackberry pulp.

Peel peaches and dice into medium pieces, place in sauce pan.

Cut top off of strawberries and dice into medium pieces, place in sauce pan.

Add remaining fruits to small saucepan and set to medium heat.

Once fruit and juice mixture starts bubbling, reduce heat slightly.

Using a masher lightly mass fruit mixture.

Continue cooking fruit mixture over low-medium heat for 10-12 minutes. Occasionally mashing.

Remove from heat and serve over French Toast Bake.

For Garnish:

Place mint leaf on side of plate.

Using a paring knife, fan the strawberries.

Place fanned strawberry on top of mint leaf.