

French Toast Soldiers with Poached Pear

Serves 4

With Mother's Day just around the corner, we're pulling out all the stops to help you spoil Mum this year! Centennial Parklands Dining's head chef, Arkin Baretto has released his breakfast recipe for our friends at EAN. We hope you enjoy!

Ingredients

100g	Dolce de leche
100g	Nutella
1tbs	Honey
1	Brioche loaf
5	Eggs

Poached Pear

4	small pear
300ml	red wine
300ml	orange juice
150g	caster sugar
1	lemon zested
1	vanilla bean, cut length ways

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Method

For the poached pears you will get the best result if you use a beurre bosc pear as they are slightly firmer and are better for poaching.

To poach the pears use a small pot that will just fit all the pears as this way you need less poaching liquor. Add all the ingredients except the pears into the pot and stir, this will allow the sugar to dissolve and not sit at the bottom of the pot.

Add the peeled pears into the pot and bring the liquid gently to the boil, once the liquid is boiling turn down to a simmer. Do not boil the pears rapidly as they will fall apart in the cooking process.

For the best results allow the pears to simmer for 40min then take the pot off the heat and allow them to cool in the cooking liquor.

French toast

Cut the brioche into finger length soldiers. Don't cut the brioche too thin as they may fall apart when you soak them.

Crack the eggs into a bowl and beat gently for one minute, once the eggs are thoroughly mixed soak the brioche soldiers in the egg wash. When you soak the brioche, allow the egg mix to absorb so the French toast is not dry.

Heat your frying pan and add a knob of butter, then place the brioche soldiers into the pan until golden brown, this will take 1-2 minutes on each side.

Once the French toast is cooked place them on a plate and drizzle with honey. Scoop one spoon of Nutella and dulce de leche into a side ramekin and place next to the French toast. Then add the pear and serve.

A great way to start Mother's Day!

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<http://www.trippaswhitegroup.com.au/news/treat-mum-to-a-culinary-feast-and-spectacular-view>