



Noreen's Kitchen

Bananas Foster French Toast

Ingredients

Serves 2

French Toast

4 slices thick cut bread or Texas toast
3 whole eggs
1 cup half and half or whole milk
1 teaspoon vanilla extract
2 tablespoons sugar or golden syrup

Bananas Foster Sauce

4 tablespoons butter
1/2 cup brown sugar
1 teaspoon vanilla extract
1/4 teaspoon rum extract
2 medium, ripe bananas, sliced

Step by Step Instructions

Prepare the custard by beating together the eggs, milk or half and half, vanilla and golden syrup. Beat well to combine. I like to do this in a pie plate for easy dipping.

Place a tablespoon of butter into a skillet set over medium heat and allow to melt.

Dip slices of bread into the custard, being sure to flip each one. Allow the bread to soak for a few seconds to become saturated.

Carefully transfer each slice to the skillet and allow to cook for two or three minutes per side, turning often for even browning.

When the French Toast is done, set aside and keep warm while you make the sauce.

For the sauce, melt the butter and the brown sugar in a skillet placed over medium heat.

Add brown sugar and stir until well combined and the sugar is melted completely.

Add the bananas and gently arrange them in a single layer.

Add the vanilla and rum extracts along with the cinnamon. Stir well to combine being careful not to damage the soft fruit.

When the caramel begins to bubble and then slow and the bubbles begin to get larger and look a bit foamy, turn off the heat.

Place two slices of French Toast on to the serving plate and drape half of the sauce over them. You can sprinkle with powdered sugar, but I promise you don't need it!

Enjoy!