
Valen's Apple French Toast

Ingredients:

3–5 apples, diced

70g demerara sugar

30g butter (plus extra for frying)

1 tsp cinnamon powder

1 tsp nutmeg powder

½ tsp cornstarch mixed with 1 tsp water

2 slices sourdough bread

2 eggs

4 tsp of crème fraîche (2 to serve)

Method:

Cook the apples – Toss the diced apples with cinnamon and nutmeg. In a pan, melt the sugar and butter, then add the apples. Cook for about 5 minutes until softened.

Thicken the sauce – Stir the cornstarch and water solution into the apples. Cook until the sauce thickens slightly, then set aside.

Prepare the egg mixture – Whisk the eggs with a splash of cream until smooth. Soak the slices of sourdough in the mixture until well coated.

Fry the bread – Melt a little butter in a pan and fry the bread until golden on both sides.

Assemble – Place the French toast on a plate, spoon over the apple topping, and finish with a dollop of crème fraîche.

Enjoy warm — a simple and comforting way to celebrate autumn apples from the walled garden.

