



Food Museum Recipes

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:

1. 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.
2. Thicken the sauce – Stir the cornstarch and water solution into the apples. Cook until the sauce thickens slightly, then set aside.
3. 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.
4. Fry the bread – Melt a little butter in a pan and fry the bread until golden on both sides.
5. Assemble – Place the French toast on a plate, spoon over the apple topping, and finish with a dollop of crème fraîche.
6. Enjoy warm – a simple and comforting way to celebrate autumn apples from the walled garden.





This recipe is part of our Walled Garden Series — a celebration of seasonality and the produce grown in our walled garden. Each recipe features the talented chefs and cooks we're fortunate to work with. This one was developed by Valen Chan, one of our brilliant volunteers who has been with the museum since spring 2025. To learn more about Valen and watch the video recipe, simply scan the QR code or click this link.



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