

Banana Stuffed French Toast

INGREDIENTS

1 small loaf white bread (hard-dough, not sliced)

Trim crust then slice lengthwise into 3 – 4 slices (depending on the thickness of the bread)

2 bananas

1 tsp vanilla

Pinch of nutmeg

Pinch of cinnamon

In a mixing bowl, mash the bananas (using a whisk). Add vanilla, nutmeg and cinnamon.

Spread evenly onto the bread slices and ‘put the loaf back together’.

Cut into large triangles.

1 cup milk

2 whole eggs

2 tsp sugar

1 tsp vanilla

Pinch of nutmeg

Pinch of salt

Pinch of cinnamon

Grated zest of 1 lime

Combine all above ingredients.

Soak stuffed bread in the mixture (for a few seconds, be careful not to get it too soggy)

Fry French toast in hot coconut (vegetable) oil mixed with a little butter, turning it onto all sides. It should be evenly golden brown all around and cooked through.

Immediately toss in cinnamon sugar

Caramelized Ginger Pineapple Compote

2 cups diced pineapples (1/4 inch)



2 tbsp brown sugar
1 tsp freshly chopped ginger
Splash of vanilla essence
Splash of fresh lime juice
Grated zest of ½ lime
1 tbsp butter (unsalted)
½ cup white wine

Place pineapple, sugar and ginger into a heavy, wide saucepan.

Turn up the heat, stir regularly and allow pineapples to caramelize (golden brown color).

Add butter, vanilla and lime zest.

Add white wine and lime juice.

Bring to a boil and reduce liquid by half.

If French toast is served immediately, serve pineapple compote straight over the toast, otherwise serve in a separate container.

Arrange on large plate with a banana leaf (or any other fresh leaf from your garden) and dust with icing sugar last. For an extra treat, serve with whipped cream!

