

SAVOURY FILLED french toast

French toast is a favourite for both breakfast or brunch. Fillings can also be either sweet or savoury, but all to your own taste. We gave the savory filling a try this time, but you can fill yours with whatever you're in the mood for.

INGREDIENTS

French Toast:

- 1 oval shaped loaf of white bread
- 2 - 3 eggs
- 15 ml water per egg used
- 10 ml oil for frying

Filling:

- 1 small tomato, finely chopped
- ½ cup (50 g) finely grated Cheddar cheese
- 6 rashers of bacon, cooked and finely chopped
- 1 spring onion
- Salt & freshly ground pepper
- Finely chopped chives or herbs of your choice for garnish

METHOD

1. Slice bread into thick 5 cm slices. Using a paring knife, cut a deep slit across the top in the middle of each slice to form your pocket. Set aside.
2. Mix tomato with cheese, bacon and spring onion. Season to taste with salt and pepper and carefully fill the pocket of each slice of bread. Gently squeeze each slice of bread closed and set aside.
3. Heat an AMC 30 cm Electric Frying Pan over a medium temperature (Probe on 6) until the Visiotherm reaches the first red area.
4. Meanwhile beat the eggs with water. Once cookware has preheated, spread oil over the base and dip the filled bread slices in the egg bath. Fry both sides until golden brown and heated through. Remove from cookware and keep warm while frying the remaining slices.
5. Once cooked, garnish with chives and herbs of your choice and serve immediately.

VARIATIONS:

- Vary the fillings accordingly to your preference. Try adding pesto, sun dried tomatoes, finely chopped onions or peppers.
- Use a meat of your choice instead of bacon. Or omit the bacon for a vegetarian option, replacing it with mushrooms.

