
Banana Fosters with Sweet Bread French Toast

Description

This is Chef Maka Kwon's take on the New Orleans-style banana fosters that he serves in his restaurants. Perfect for a sweet breakfast, boozy brunch, or dessert after a delicious meal!

Total time: 30 min Yield: 2 to 4 servings

Ingredients

1 cup dark rum
1/2 cup chocolate sauce
1 orange (juiced)
1 lemon (juiced)
1 cinnamon stick
1 star anise
1 cup + 2 tsp. brown sugar
2 cup milk
3 eggs
1 tsp cinnamon
1/2 tsp nutmeg
2 tsp vanilla extract
salt
4 bananas (sliced)
4 slices sweet bread
vegetable spray
2 Tbsp butter
vanilla ice cream

Prep Time: 10 min Cooking Time: 20 min Total Time: 30 min

Instructions

In a large pot add the rum, chocolate, orange juice, lemon juice, cinnamon stick, star anise, 1 cup brown sugar and let simmer. Reduce by half.

In a large bowl, add 2 cups of milk. Whisk the eggs, 2 tsp. brown sugar, cinnamon, nutmeg, vanilla and a pinch of salt. Slice the bananas and set aside.

Spray frying pan with vegetable spray on medium high heat. Dip the sweet bread into the egg mixture and sauté both sides in a frying pan. Set aside on a platter.

Sauté bananas with rum mixture. Add butter and mix. Spoon bananas on bread and spoon the ice cream over.

Recipe brought to you by:

Chef Maka Kwon