

Sous Vide French Toast

Makes 4 servings

French toast cooked via sous vide is one of the easiest and best ways to prepare this breakfast favorite. Each slice cooks all at once and comes out perfectly cooked every time. Once you try out this method, your days of flat, soggy French toast are over!

1 loaf brioche bread, sliced about one inch thickness

4 eggs

1 cup half and half

1 1/2 teaspoons vanilla bean paste

1 teaspoon cinnamon

1/2 teaspoon salt

Two gratings of fresh nutmeg

2-3 tablespoons butter, for browning

2-3 tablespoons sugar, for sprinkling on top of French toast before browning

Pre-heat immersion circulator to 175 degrees.

While the water is heating, slice the brioche into about eight one inch thick slices. Set aside.

In a shallow baking dish, mix together eggs, half and half, vanilla bean paste, cinnamon, salt and nutmeg. Be sure to whisk the custard mixture thoroughly so there are no streaks of egg white. Dip each slice of bread in the custard mixture, flipping the bread several times to absorb the custard. Place the soaked bread slices on a plate and continue until all the slices have been dipped. Pour any remaining custard equally over the bread slices and let sit for five minutes. Place 3-4 slices of French toast in separate zipper bags.

Once the water has reached 175 degrees, submerge zipper bags with French toast into the water and weigh down the bags to ensure the zipper bags are completely covered in water. Sous vide for one hour.

Pre-heat a large skillet over medium heat. Remove French toast from the water bath, take the French toast slices out of the zipper bags and place on a plate. Sprinkle each slice with granulated sugar. Add butter to skillet and place French toast slices sugared side down in the skillet then sprinkle sugar on the other side. Brown each side for about 2-3 minutes to allow the sugar to caramelize. Be careful not to burn. Remove from the skillet and enjoy with warm maple syrup.

Chef Kat's notes: If you are unable to find a brioche loaf, avoid using a pre-sliced loaf as the slices are too thin. Try using challah, a French loaf or a baguette. Depending on the size of your bread loaf, you may get more or less than eight slices from the loaf.

After soaking the bread slices, if you have more than about 1/4 cup of custard leftover, do not drench the bread with the remaining custard. Use only 1/4 cup of the custard and discard the rest. If you find you do not have enough custard base, try using 1 1/2 times the recipe.

When browning your cooked French toast, the sugar will caramelize in your skillet. If you have to brown your French toast in batches, wipe out the skillet with a damp towel in between to remove any bits of caramelized sugar. Add additional butter to the skillet and finish browning remaining French toast slices.