



## **French Toast with Caramelised Banana and Butterscotch Sauce** **Michele Kennedy 24/01/12**

### **Ingredients (per person)**

2 thick slices ciabatta bread  
100 ml cream  
50 ml milk  
1 egg  
25 ml maple syrup  
1 small banana sliced  
10 gm butter  
1 strawberry  
Whipped cream to serve

### **Butterscotch Sauce**

290 gm brown sugar  
50 gm butter  
190 ml cream

### **Method**

1. Combine cream, milk, egg and maple syrup in a bowl.
2. Soak thick sliced ciabatta style bread in mix for 1 minute each side. Drain off excess before cooking.
3. Melt butter on cooking surface and cook bread and sliced banana for 2 minutes each side.
4. Combine all ingredients for butterscotch sauce in a microwave bowl. Microwave for 4 minutes. Allow to cool slightly before using.
5. To serve, arrange toast on plate. Arrange banana on top of toast and garnish with a strawberry. Pour on some butterscotch sauce and serve with whipped cream.

**Note:** Butterscotch sauce can be made ahead and kept refrigerated until needed. To reheat place in a microwave safe bowl and heat for 25 seconds (for 100ml). It can be kept for 7 days well refrigerated.

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