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BREAKFAST pain perdu

Pain Perdu

But when people go out for breakfast or brunch, they expect to see a dressed-up version of French toast. “Customers want to order something that’s more complex and presented in a grander style,” says Kelly Franz, executive chef at Magnolias, Charleston, South Carolina. “French toast is the perfect recipe to change ingredients, cooking methods and presentation styles while still presenting an item that everyone can relate to.”



2) This banana- pudding-stuffed French toast has a 50/50 cornflakes/vanilla wafer coating.

Magnolias has changed its French toast brunch menu option about 10 times during the past 12 years, but the Banana Pudding Stuffed French Toast has held its ground for the past five. “We can’t take it off the menu,” says Franz. “People keep asking for it.”

Brioche is cut in 1½-inch slices. Then, a 1-inch cut is made in the side of the bread and 3 ounces of cold banana pudding piped in. The slices are dipped in an egg wash of buttermilk, salt and sugar, and dredged with a 50/50 cornflakes/vanilla wafer mixture that is pureed in a food processor until smooth. “Adding sugar and salt at this stage ensures the toast is fully seasoned,” Franz says.

The toast is pan-fried in a vegetable oil blend at medium temperature until golden-brown on both sides and warm inside. It’s sliced diagonally and plated with two strips of applewood-smoked bacon, sliced bananas and 2 ounces peanut butter syrup.

French toast is a classic that deserves to be dressed up.

BY ROB BENES



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