

Cardamom & Cinnamon Baked French Toast and Honied Apricots

Serves 2

Hands-on Time 10 minutes (plus chilling)

Baking Time 25 minutes

Ingredients

- 2 apricots
- 1 tbsp runny honey
- 2 1/2 tsp demerara sugar (divided)
- 1/2 tsp ground cardamom (plus a pinch)
- 1/2 tsp ground cinnamon (plus a pinch)
- 2 tbsp custard powder
- 2 tbsp caster sugar
- 2 large eggs
- 120ml full-fat milk
- 2 tsp vanilla extract
- 4 slices thick-cut bread
- 1 tbsp icing sugar

Equipment

- Knife
- Baking dish
- Baking sheet
- Baking parchment
- Small bowl
- Wide-shallow bowl
- Whisk
- Sieve

Method

1. Prepare the apricots

- Preheat the oven to 170°C/150°C (fan)/325°F/Gas Mark 3.
- Halve and stone the apricots. Place them cut-side up in a baking dish.
- Drizzle with honey and sprinkle with 1/2 tsp demerara sugar.

2. Make the spiced custard mixture

- In a small bowl, mix 1/2 tsp each of ground cardamom and cinnamon.
- In a wide-shallow bowl, whisk together the custard powder, caster sugar, and 1 egg until smooth. Add the second egg and whisk again.
- Gradually whisk in the milk and vanilla extract.

3. Prepare the bread

- Line a baking sheet with parchment.
- Dip each slice of bread into the custard mixture, coating both sides. Sprinkle a pinch of the spice mix on top.
- Place the bread spiced-side down on the lined sheet. Repeat with the remaining slices, reserving some spice mix.
- Sprinkle the remaining spice mix and 2 tsp demerara sugar over the bread.

4. Bake

- Bake the bread and apricots on the middle shelf for 25 minutes, or until golden.

5. Make the spiced icing sugar

- Mix a pinch of cardamom and cinnamon with the icing sugar in a small bowl.

6. Serve

- Plate the toast and apricots, spooning any syrup from the apricots over the fruit.
- Sieve the spiced icing sugar over the toast and apricots.

Enjoy!