



THE ingles TABLE

with Chef Bruce Brown
Baked French Toast

Shopping List

- 12 slices “Texas” Toast, or 1” Thick Bread, Decrusted
- 8 Eggs
- 1½ Cup Heavy Whipping Cream
- ½ Cup Maple Syrup
- ¼ Cup Light Brown Sugar
- ½ tsp Cinnamon
- Non-stick Spray
- ½ Cup Melted Butter
- ½ Cup Light Brown Sugar
- ½ Cup Maple Syrup
- 2 Cup Chopped nuts (pecans or walnuts are favorites)



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Cooking Instructions

1) In the mixing bowl, beat the eggs, heavy cream, maple syrup, brown sugar and cinnamon until well blended. Set aside.

2) Thoroughly spray the casserole dish with the non-stick spray.

3) Place the crusted pieces of bread into the dish, squeezing together the slices to fit into the dish. Pour the beaten egg mixture over the bread slices to soak. Cover with plastic wrap and allow to set overnight in the refrigerator.

4) In a sauce pot, combine the melted butter, brown sugar and maple syrup, heating over medium heat until the sugar is melted, about 2 minutes maximum. Add the chopped nuts and stir. Cover and set aside.

5) The next morning, preheat the oven to 350° and remove the dish from the refrigerator.

6) Carefully pour the nut mixture over soaked bread.

7) Bake for 45 minutes, uncovered, until golden brown and crusty on top. Allow to rest for five minutes before serving.

8) Cut into squares and serve alongside bacon, sausage, scrambled eggs and other breakfast selections.