

Louisiana Pain Perdu



Serves 6

The Ingredients

- 2 (10-inch) loaves day-old French bread
- 3 eggs
- 1/4 cup sugar
- 2 tbsps vanilla
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 1/2 cups milk
- 3/4 cup melted butter
- 2 cups water
- 1/2 cup dry white wine
- 1/2 cup sugar
- 2 tbsps cornstarch
- 2 cups raspberries
- 1 cup blackberries
- 1 cup blueberries
- 1/2 cup strawberries

The Method

In a large mixing bowl, combine eggs, sugar, vanilla, cinnamon and nutmeg. Using a wire whisk, whip until well blended. Slowly blend in milk until well incorporated. Cut the French bread on a bias into 1/2-inch thick croutons and discard ends. Soak the croutons in the egg mixture for 1-2 minutes. In a cast-iron skillet, heat butter, 1/4 cup at a time, over medium-high heat. Add more butter as needed during the cooking process. Once hot, sauté bread 1-2 minutes on each side or until golden brown. Remove sautéed bread and keep warm. In a separate sauté pan, combine water, wine, sugar, and cornstarch. Using a wire whisk, whip to blend thoroughly. Bring the mixture to a rolling boil, stirring constantly, until reduced to 1/2 volume. This simple syrup should thicken quickly with the cornstarch. Remove from heat and add the fruit, coating well in the hot syrup. Allow fruit to sit in syrup until warmed thoroughly and sauce is colored from the natural fruit juices. Place 2 pieces of lost bread in the center of a 10-inch serving plate and top with a tablespoon of the fresh fruit and simple syrup. You may wish to garnish with whipped cream and powdered sugar.