

Jason Pettit – Capital Radio Recipe



Lazy Easter Brunch Torrijas (*tor - ree - has*)

This quick, easy and deliciously moreish Spanish Easter classic is ready in under 25 minutes!

Unlike a traditional French Toast, Torrijas are made by soaking bread in an infused milk before dipping in beaten egg and frying in olive oil, not butter.

This results in an incredibly soft filling and a crisp exterior.

Ingredients – serves 4 people

2 cup	milk
2 each	cinnamon sticks
2 each	cardamom pods
4 Tbsp	brown sugar
1 each	orange (peeled in large strips)
1 each	rustic baguette (sliced at an angle, approx. 15mm thick)
2 lrg	eggs
2 Tbsp	water
3 Tbsp	olive oil
2 Tbsp	caster sugar
½ Tsp	ground cinnamon
1 pkt	strawberries (washed & green stems removed)
1 pot	liquid honey

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Method

Lightly crush the cardamom pods and place in a pan with the milk, cinnamon sticks, brown sugar and orange peel.

Heat over a low-medium heat, stirring occasionally until the sugar dissolves. Once the sugar has fully dissolved, turn off the heat and allow to infuse and cool slightly.

Slice the baguette at angle of 45° to about 15mm thickness.

Place the slices into a dish / tray in a single layer.

Pour the milk infusion through a sieve over the bread slices.

Turn the slices once after 2 minutes to ensure each slice evenly absorbs the milk infusion.

Break the eggs into a bowl and add the water and whisk together.

Stir caster sugar and cinnamon powder together until evenly mixed.

Gently press the bread slices to remove any excess milk then dip each slice into the egg mix until fully coated.

Pre-heat a large non-stick frying pan on a medium-high heat add the oil.

Place as many slices of egg coated bread into the pan that fit and still allows space between each slice.

Once golden brown, turn each slice over and cook until golden brown.

Remove from the pan and place onto kitchen towel to absorb any oil.

Place onto the serving plate and lightly dust with cinnamon sugar.

Repeat until all slices are cooked.

Serve with liquid honey and strawberries.

Notes from the chef:

The bread should be at least 1 day old so it absorbs the milk well.

Any sliced white bread can be used but if using sourdough, be aware the finished texture is quite heavy.

Other serving options include – grilled turkey bacon | sour cream | maple syrup | other berries or soft fruits.

Tbsp - tablespoon

Tsp - teaspoon