

Bourbon Crème Brule French Toast with Bourbon Whipped Cream

A rich French Toast with a distinct and delightful taste of Kentucky Bourbon



Caramel layer:

- 1 stick butter (I use Kerry Gold Irish Butter)
- 1 cup packed dark brown sugar

Bread:

6-8 1-inch thick slices of Italian Bread (I use the inexpensive, large loaf Italian bread from the bakery)

Custard:

- 5 large eggs
- 1 ½ cups half-and-half

1. Turn oven on and set at 350 degrees. Place loaf of bread on the rack and leave until outside and just getting crusty. Remove and let to create that day-old bread crust. Cut into thick slices on the diagonal.
2. Melt butter in a saucepan over medium. Add brown sugar and stir until sugar is almost dissolved and mixture is a thick consistency.
3. Pour into a 9 x 13 – inch baking dish and spread evenly covering the bottom of dish.
4. Arrange slices of bread in the brown sugar caramel in a single layer.
5. In a separate bowl, whisk together custard ingredients. Pour over bread evenly and chill covered overnight.

This recipe will become your go to make ahead breakfast for all your family gatherings and special guests. Using simple ingredients and really good bourbon you can create a tasty combination that is sure to delight everyone!

- 1 tsp pure vanilla extract
- ¼ cup Kentucky Bourbon (I suggest Wild Turkey 101 or Heaven Hill Bottle and Bond KY Straight Bourbon Whiskey)

Bourbon Whipped Cream: (Best made the morning you are serving. Mix in a chilled metal or glass bowl. Add all ingredients and mix until stiff peaks form)

- 1 cup heavy cream
- 3 Tbsp confectioners' sugar
- 1 tsp pure vanilla extract
- 1 Tbsp Kentucky Bourbon



loaf is dry
cool 1"
heat.

To Serve:

1. Remove dish from fridge and bring to room temperature.
2. Preheat oven to 350 F.
3. Bake uncovered until custard is puffy and lightly browned. 35-40 minutes.
4. Sprinkle with powdered sugar and top with a dollop of Bourbon Whipped Cream.



This recipe has become a staple for all our gatherings. It is a great way to introduce your friends and family to the versatility of cooking with bourbon. Using inexpensive Italian bread makes the ingredients easily attainable. By incorporating dark brown sugar, the natural molasses flavors in your bourbon will be accentuated. I like not melting the sugar completely as this gives the caramel base a crunch and adds a bit of texture. Using good, salted butter also adds just enough savory flavor to even out the richness of the custard. The bourbon whipped cream is simply delightful and I assure you, once you have had it you will find other dishes to incorporate it into!

When choosing the bourbon, you wish to use, it is important to note that rye-based whiskey's give the custard a bitter finish. I suggest finding a bourbon that is a bit higher proof with a caramel, molasses finish for this dish.

Bon Appétit