

Pain Perdu Caramelized

Serve: 4

L'appart: The delights and disasters of making my Paris Home

By David Lebovitz, pp75-78

6 tablespoons whole milk
2 tablespoons heavy cream
2 large eggs, at room temperature
½ teaspoon of ground cinnamon
Small pinch of salt
Unsalted butter, for frying the bread
8 teaspoons granulated sugar



Photography: Henri T. de Hahn

1. In a shallow bowl or baking dish, use a fork to vigorously stir together the milk, cream, eggs, vanilla, cinnamon, and salt.
2. Heat a good-size part of butter in a skillet over medium high heat until it starts to sizzle.
3. Dip a slice of bread in the milk and egg mixture, pressing it in a bit and encouraging it to soak up the liquid. Turn it over and soak the other side. Place the first piece of bread in the pan and quickly do the same to a second slice of bread.
4. Fry the slices of bread until they are well browned on the bottom, about 2 minutes. When they are close to being done, sprinkle each piece of bread evenly with 2 teaspoons of the sugar, then flip the slices and cook until the sugared sides (the sides against the pan) are caramelized, about 2 ½ minutes.
While they are cooking, press down on the slices with a spatula a few times to encourage them to caramelize, and move the pieces of bread around in the pan so that cook evenly and can sop up any gooey caramelized sugar that may collect in the bottom of the pan. (Resist the urge to not cook them enough. When the caramelized slices of bread look close to being too dark, but not burnt, that's the moment when I remove them from the pan. You can flip them over to get a better look at the bottom, then flip them back over to continue to caramelizing them.)
5. Transfer the slices of bread to plates, caramelized side up.