

**Miele**

# Parmesan French toast with parsley and shallot sauce

By Miele

**15 minutes**

Preparation Time

**15 minutes**

Cooking Time

**6 serves**

Serves



## INGREDIENTS

### French toast

3 eggs, lightly beaten  
125 ml (½ cup) cream  
60 g parmesan, finely grated  
1 pinch smoked paprika  
6 thick slices sourdough bread

### Parsley and shallot sauce

1 shallot, roughly chopped  
1 garlic clove, finely chopped  
1 bunch parsley, leaves picked  
1 ½ tbsp chardonnay vinegar  
1 tsp Dijon mustard  
80 ml (1/3 cup) extra virgin olive oil  
Salt flakes, to taste

### To serve

200 g cherry tomatoes  
2 bunches asparagus

## **METHOD**

### **French toast**

1. Preheat the griddle plate on medium-high heat, induction setting 7, for 5 minutes. Do not grease.
2. Meanwhile, combine the eggs, cream, parmesan and smoked paprika in a large bowl, mix well.
3. Soak the sourdough bread slices in the egg mixture for 3 minutes.
4. Turn the griddle plate down to medium heat, induction setting 6, and place the soaked bread slices on the plate.
5. Cook the French toast for 3 minutes on both sides, or until golden brown.

### **Parsley and shallot sauce**

1. Blend or process the shallot, garlic, parsley, vinegar and mustard until smooth. Add the oil and pulse until emulsified. Season to taste, add more vinegar if needed.

### **To serve**

1. Place the tomatoes and asparagus on the hot griddle plate. Cook for 3 minutes on medium-high heat, induction setting 7 for 4 minutes, or until just tender.
2. Place the French toast on the serving plate with the vegetables and parsley and shallot sauce.

### **Hints and tips**

- The parsley can be substituted with any fresh, homegrown herbs.
- Mushrooms are delicious with this dish as well.
- When planning a brunch, it's great to have a selection of easy and delicious dishes that can be prepared ahead of time or quickly cooked on the spot. This dish only takes a couple of minutes to put together and all 6 serves can be cooked at once when using the gourmet griddle plate.