

# Crème Caramel French Toast

The Fleur-de-Lys Mansion

Serves: 4

## Ingredients

### Caramel Sauce:

2 tablespoons light corn syrup  
1 cup packed golden brown sugar  
5 tablespoons unsalted butter

### French Toast:

8 slices Texas Toast, crusts removed  
cut into 1" cubes  
4 large eggs  
1 cup half and half  
1 teaspoon vanilla extract

### Topping:

4 heaping tablespoons sour cream  
2 cups sliced strawberries, or other fresh berries  
4 small fresh mint sprigs, for garnish



## Directions

Grease four oven-safe (8 ounce size) ramekins or spray each with non-stick cooking spray.

Combine corn syrup, brown sugar and butter in a small 1-quart heavy-bottomed saucepan and place over medium heat. Stirring constantly, cook until syrup mixture comes to a boil, and let it boil for about one minute. Remove from heat and carefully pour hot syrup into prepared ramekins, dividing mixture evenly.

Place one-fourth of the bread cubes into each ramekin, gently pressing them into the syrup. In a large bowl, mix together the eggs, half & half and vanilla. Pour the mixture

over the bread, dividing it evenly among the ramekins. Cover ramekins with plastic wrap and refrigerate overnight.

The next morning, preheat oven to 350 degrees Fahrenheit. Remove ramekins from the refrigerator, uncover and discard plastic wrap. Place ramekins in preheated 350 degree oven and bake for 45 minutes until puffed and golden. Do not over bake as caramel sauce will dry up.

Remove from oven and let cool for 3-5 minutes. French Toast will deflate slightly. To serve, loosen edges of bread from ramekin sides with the blade of a knife or a thin-bladed spatula. Place a serving plate upside down on a ramekin and holding both plate and ramekin, invert ramekin onto plate. Remove ramekin so caramelized portion of French Toast is on top.

Spoon 1 heaping tablespoon sour cream on top of each French Toast serving and place 1/2 cup fresh berries over sour cream & French Toast. Garnish with fresh mint sprig. Other berries, such as blueberries, blackberries or raspberries may be substituted for strawberries. Serve immediately.