

# 'Jam & Cream' French Toast

By Ashley Alexander

**Gather  
& Feast**

This 'Jam & Cream' French Toast is a simple yet elegant twist on a classic breakfast favourite. Thick slices of buttery brioche are soaked in a vanilla-scented egg mixture, then pan-fried until golden and crisp. Served warm with a generous dollop of thick Greek yoghurt, mascarpone, or whipped cream, and topped with a spoonful of your favourite fruit spread. To finish, I like to add a light dusting of pure icing sugar for that final touch.

**SERVES** 4 | **PREP TIME** 10 minutes | **COOK TIME** 10 minutes | **TOTAL TIME** 20 minutes

## INGREDIENTS

### French toast

- 2 eggs
- 1/2 cup full cream milk
- 1 teaspoon caster sugar
- 1 teaspoon vanilla bean paste (or vanilla extract)
- 4 thick slices (about 2-inch thick) of Brioche Gourmet Butter Loaf

### To serve

- 4 generous spoonfuls of thick Greek yoghurt, mascarpone, or whipped cream
- 4 spoonfuls of St. Dalfour fruit spread - A few of my favourites are, fig, black cherry, blueberry, and raspberry
- Pure icing sugar, for dusting (optional)

## METHOD

1. In a large, wide, shallow dish, whisk together the eggs, milk, sugar, and vanilla until well combined.
2. Add the brioche slices to the dish and let them soak for 1 minute. Flip and soak the other side, then drag the slices through the remaining mixture to absorb any leftover custard.
3. Place a large frying pan over medium-high heat and add a small knob of butter. Swirl to coat the base.
4. Add the soaked brioche slices and cook until golden brown on both sides.
5. Transfer to serving plates. Top each slice with a generous spoonful of yoghurt, mascarpone, or cream. Use the back of a spoon to create a little well in the centre.
6. Fill each well with a generous spoonful of your favourite St. Dalfour fruit spread.
7. Dust with icing sugar, if using, and serve warm.

## NOTES

**Bread:** Brioche is ideal for its rich, buttery texture, but challah or thick-cut white sourdough can also work well. Slightly stale bread absorbs the custard better and holds its shape during cooking.

**Jam selection:** St. Dalfour Fruit Spreads are naturally sweetened with fruit juice, making them a lovely match here. Choose a jam with a bit of tartness (like raspberry or black cherry) to balance the richness of the cream and brioche.

**Dairy options:** For a lighter option, thick Greek yoghurt works beautifully and adds tang. Mascarpone gives a luxurious, dessert-like feel. Lightly whipped cream is indulgent and classic - add a splash of vanilla if you like.

**Serving tip:** This is best served immediately while the French toast is warm and the cream is cool. If cooking in batches, keep the first slices warm in a low oven (100°C/210°F) on a tray lined with baking paper.



**Find the recipe and watch the video online:**

<https://www.gatherandfeast.com/jam-cream-french-toast>

Let me know if you make the recipe! x @gatherandfeast