



Crème Brûlée Fancy French Toast Sticks + Boujee Berry Syrup + Brunchy Bunch Fancy Fizz

By Dylan Sabuco

Prep Time 20 / Cook Time 20 / Serves 4 - 6

Shopping List

- ☐ FRESH
- ☐ 3 C berries (blueberries, raspberries, strawberries, or any other berry of your choice)
- ☐ EGGS
- ☐ 3 eggs ******(see allergy subs below)******
- ☐ BREAD
- ☐ 6 slices of bread, your choice ******(see allergy subs below)******
- ☐ PANTRY
- ☐ 1 14-oz can sweetened condensed milk ******(see allergy subs below)******
- ☐ 1 tsp pure vanilla extract ******(see allergy subs below)******
- ☐ 3 C sparkling water
- ☐ 1 1/2 C granulated sugar
- ☐ 1/4 C vegetable oil ******
- ☐ HAVE ON HAND
- ☐ 1 3/4 C water

Fun-Da-Mentals Kitchen Skills

slice: to cut into thin pieces using a sawing motion with your knife.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like

measuring cups or spoons).

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

fry: to cook in a pan in a small amount of fat.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

simmer: to cook a food gently, usually in a liquid, until softened.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

pour: to cause liquid, granules, or powder to stream from one container into another.

strain: to separate liquids from solid foods or remove bigger food particles from smaller particles using a perforated or porous device like a strainer, sieve, colander, or cheesecloth.

Equipment

- ☐ Large frying pan
- ☐ Large mixing bowl
- ☐ Can opener
- ☐ Measuring spoons
- ☐ Liquid measuring cup
- ☐ Whisk
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Tongs or spatula
- ☐ Medium saucepan
- ☐ Dry measuring cups
- ☐ Wooden spoon
- ☐ Spoon, for serving
- ☐ Pitcher
- ☐ Fine mesh sieve or strainer

Ingredients

Crème Brûlée Fancy French Toast Sticks

- ☐ 6 slices of bread, your choice ******(for GLUTEN ALLERGY sub gluten-free/nut-free bread slices)******
- ☐ 1 14-oz can of sweetened condensed milk ******(for DAIRY ALLERGY sub 1 C coconut cream + 1/4 C granulated sugar)******
- ☐ 1 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******
- ☐ 3 eggs ******(for EGG ALLERGY sub 2 T flaxseeds + 1/4 C warm water—more info below)******
- ☐ 1/4 C water
- ☐ 1/4 C vegetable oil ******

Boujee Berry Syrup

- ☐ 2 C berries (blueberries, raspberries, strawberries or any other berry of your choice)
- ☐ 1 C granulated sugar
- ☐ 1 C water

Brunchy Bunch Fancy Fizz

- ☐ 1 C berries (blueberries, raspberries, strawberries, or any other berry of your choice)
- ☐ 3 C sparkling water
- ☐ 1/2 C granulated sugar
- ☐ 1/2 C water

Food Allergen Substitutions

Crème Brûlée Fancy French Toast Sticks

Gluten/Wheat: Substitute gluten-free/nut-free bread slices. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Dairy: For 1 14-oz can of sweetened condensed milk, substitute 1 C coconut cream + 1/4 C granulated sugar.

Egg: For 3 eggs, substitute 2 T flaxseeds + 1/4 C warm water. Stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.

Soy: Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

Boujee Berry Syrup

Instructions

Crème Brûlée Fancy French Toast Sticks

intro

Today, we will combine two amazing, sweet treats: French toast and crème brûlée. Both recipes originate from France and start as a custard. Custard is quite amazing. This creamy, eggy, and sweet mixture can be turned into pudding, pastry cream, ice cream, French toast, and crème brûlée. Let's dive into this tasty, custardy creation.

measure + mix

In a large mixing bowl, measure **1 can of sweetened condensed milk**, **1 teaspoon vanilla extract**, **3 eggs**, and **1/4 cup water**. Whisk to combine. The bread will soak in this custard before being fried.

scrumptious science

What is a custard? Custard is a creamy combination of milk or cream, sugar, and eggs. Custard is used to make tons of sweet treats like ice cream, crème brûlée, or pastry cream. The main thing to focus on when making a traditional custard is to control the heat. If you let the custard get too hot, the eggs will become lumpy instead of smooth.

slice + soak

Cut **6 slices of bread** into long, thick strips. Remember you want the shape to be big enough to hold in your hand without it falling apart. Then, soak the slices of bread in the custard. Be sure that each piece of bread is fully soaked in custard.

fry + dunk

Add **1/4 cup of vegetable oil** to a large frying pan over medium-high heat. After heating the oil for about 1 minute, add the French toast sticks in an even single layer. Cook on each side for 4 minutes or until golden brown. Serve straight out of the pan. Be sure to dunk the Crème Brûlée Fancy French Toast Sticks in or drizzle with syrup, like our Boujee Berry Syrup before digging in. Bon appétit!

Boujee Berry Syrup

mix + simmer

In a medium saucepan, measure and mix **2 cups berries**, **1 cup sugar**, and **1 cup water** over medium-high heat. Simmer for 10 minutes. Cool for about 5 minutes before drizzling over pancakes or French toast, like our Crème Brûlée Fancy French Toast Sticks. Enjoy!

smash + strain

In a large pitcher, measure **1 cup berries** and **1/2 cup sugar**. Smash the berries with a wooden spoon into the sugar until both are fully combined. Strain the mixture through a fine mesh sieve or strainer. Let's count in French while we smash: 1 un (uhn), 2 deux (deuh), 3 trois (twah), 4 quatre (KAH-truh), 5 cinq (sank), 6 six (sees), 7 sept (set), 8 huit (wheet), 9 neuf (neuhf), 10 dix (dees).

combine + pour

Combine the berry syrup with **3 cups sparkling water** and **1/2 cup water**. Stir to fully combine all the ingredients. Pour over ice and enjoy! "A votre santé" or "Cheers" (literally "To your health") in French!

Featured Ingredient: Sweetened Condensed Milk!

Hi! I'm Sweetened Condensed Milk!

"As you can tell from my name: I'm milk; I'm sweet; and I'm condensed! Condensed means that the milk has had around 60 percent of its water removed, so it becomes dense and thick. Then, sugar is added to make it sweet. I come in a can and am able to sit unopened on your pantry shelf for one to two years so you can add me to your dessert recipes whenever you need me!"

In his travel books from the late 1200s, the explorer and merchant Marco Polo wrote about the Tatars, or Turkic ethnic groups across Eastern Europe and Asia, who condensed milk into a paste, which would be carried around in 10-pound bags. This was probably a fermented, yogurt-like milk curd, "katyk," to which they would add water to make a drink called "ayran."

Nicolas Appert, a French confectioner and inventor, successfully condensed milk in 1820. In the United States, Gail Borden Jr invented a process in 1853, before refrigeration, to make sweetened condensed milk, allowing milk to be stored for much longer than a few hours.

Evaporated milk is a similar shelf-stable canned milk product, except it does not contain sugar and must be homogenized and sterilized by heat. In some countries, they call evaporated milk unsweetened condensed milk.

"Sweetened condensed milk" is often shortened to "condensed milk." It has many uses. Add it to hot coffee and tea instead of milk, or make Thai iced tea or Vietnamese iced coffee with it. You can make fudge and dulce de leche with condensed milk. You will also find it in caramel candy and key lime pie, and it is a main ingredient in a Brazilian confection called "brigadeiro."

You might even try adding sweetened condensed milk to the egg mixture for French toast, like our Crème Brûlée Fancy French Toast Sticks!