

Fresh Ideas featuring:



**2009 CFFA University & College “Fresh n’ Fit” Recipes Contest
Grand Prize Winner – Entree Breakfast Category**

Granny Smith Apple Stuffed French Toast with Lemon Curd, Quince-Kiwi Salsa and Raspberry Maple Syrup

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Kiwi-Quince Salsa

4 Chilean Kiwis (or 1 cup), peeled and small diced
2 Chilean Quince (or 1 cup), peeled, cored and small diced
1 tablespoon lemon zest
2 tablespoons lemon juice
1/4 cup chopped mint
salt and pepper to taste
1 cup Chilean raspberries



In a large bowl, thoroughly mix all ingredients except raspberries. Next, gently toss in raspberries (being careful not to crush berries). Cover and chill in the refrigerator at least 15 minutes. Hold until ready for assembly.

Raspberry Maple Syrup

1 pint Chilean raspberries
1 cup maple syrup (fancy or other quality grade)

In small saucepan over low heat, steep raspberries (stirring occasionally so mixture does not scorch) in maple syrup for 10-15 minutes or until berries are soft and fully macerated. Remove from heat, gently mash berries in syrup, strain mixture to remove seeds and cool to room temperature. Hold until ready for assembly.

Lemon Curd

2 eggs
2/3 cup granulated sugar
1 cup fresh lemon juice
2 tablespoons butter
2 teaspoons lemon zest, minced

In the top of a double boiler set to medium heat beat eggs and sugar until foamy or frothy. Stir in lemon juice. Continue to cook over double boiler 10-15 minutes whisking continuously until curd is thickened. Fold in butter and lemon peel. Transfer lemon curd to stand mixer with whip attachment. Whip for 10-15 minutes on medium speed until cool. Hold until ready for assembly

(continued)

Green Apple Stuffed French Toast

12 slices French baguette (1.5" thick biased cut- baguette approx. 20-22 inches)
1/2 cup mascarpone cheese or cream cheese
3 tablespoons confectioners' sugar
2 tablespoons lemon zest
4 Chilean Granny Smith, peeled and small diced
4 eggs
1 cup half and half
1/4 cup sugar
1/2 teaspoon salt
1 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1 tablespoon vanilla extract
1 teaspoon butter, or as needed
1 teaspoon vegetable oil, or as needed
1/4 cup powdered sugar
1 pint Chilean raspberries
mint leaves (optional)

Lay each slice of bread on a board, and with a sharp knife held parallel to the board, cut a pocket into each slice, leaving sides intact. Set aside.

Stir together the mascarpone, confectioners' sugar, and lemon zest until smooth. Add diced apples. Mix thoroughly. Scoop this mixture into the pocket in each slice of bread as will fit without overflowing. 3 pieces per person.

Thoroughly whisk together the eggs, half and half, sugar, salt, cinnamon, nutmeg and vanilla in a bowl. Place this mixture in shallow 9"x13" pan and soak each stuffed piece of bread into the batter for at least 10 minutes per side. Melt butter with oil over medium heat in a large nonstick skillet. Lay battered bread into skillet, and cook until browned on both sides (3-4 minutes).

Preheat oven to 350F. Transfer French toast pieces onto wire baking rack fitted over a sheet pan. (If you do not have this, simply place French toast onto parchment paper or aluminum foil) Bake French toast for 12-15 min or until filling begins to melt out of bread pieces. Hold until ready for plating.

To Plate:

Gather 4 entrée sized plates 9" or greater. On each plate drizzle 2 tablespoons syrup onto plate. Lay 3 pieces of French toast on top of one another (shingled). Place 1 tablespoon of lemon curd on each French toast. Top lemon curd with 1 tablespoon of fruit salsa. Drizzle (desired amount) syrup over French toast. Scatter 5-7 raspberries throughout plate. Sift powdered sugar over plate. Serve with optional mint.

Serves 4



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