

Torrijas

(A delicious Spanish style French toast that is typical around Easter)



Ingredients:

- 4 large Eggs
- 1 quart whole Milk
- 1 cup Sugar
- 2 tsp Cinnamon
- 3 tbsp Honey
- EVO oil
- 1 strip of Lemon peel
- 1 strip of Orange peel
- 1 tsp Cardamom seeds (optional)
- 1 Star Anise (optional)
- Loaf of day-old French or Italian bread

Method:

Bring the milk, $\frac{1}{2}$ cup of sugar, lemon and orange peel, and spices (if using) to a slow simmer.

Cut the bread into thick slices.

When the milk mixture has been simmering for 15 minutes or so, turn off the heat and soak the bread in this mixture.

(NOTE: be careful not to wet them completely to the point where they break apart, but try to get them to absorb as much milk as possible.)

Let the slices of wet bread rest and cool (some liquid may be lost).

Beat the eggs in a shallow bowl and dip the bread slices in the egg mixture.

In the meantime, heat up about $\frac{1}{2}$ " of olive oil in a deep, heavy pan over medium-high heat.

Fry the slices two by two, flipping them halfway so that both sides are nice and crisp.

Let the torrijas rest on paper towels to absorb excess oil.

In another bowl, mix the remaining $\frac{1}{2}$ cup of sugar with the cinnamon.

Cover the slices with the cinnamon sugar mixture and reserve.

Finally, make a syrup.

Take the remaining cinnamon sugar and add it to a medium sized pan.

Add a bit more sugar if necessary to cover the bottom of the pan.