

Mascarpone & Roasted Pear Stuffed French Toast with Roasted Pear Sauce

Diane Phillips, cooking instructor and author
Internet address:



Servings: 10

1. BUTTER: Cream mixture together and refrigerate up to a week ahead.
2. FRENCH TOAST: Melt cinnamon butter and brush the inside of a 9x13 baking dish with some of it.
3. In a shallow mixing bowl beat together the eggs, cream, pear nectar and nutmeg. Dip 6 slices of the bread into the egg mixture and lay slices into the dish, wedging the pieces to fit, or tearing some. If your baking dish is smaller, you may only get 4 slices in the dish. (You can make 3 or even 4 layers if need be, but divide up the mascarpone mixture; start and end with bread slices.)
4. In another bowl cream together the mascarpone, pear nectar and sugar. Spread this mixture over the egg battered bread in the pan.
5. Dip the remaining slices into the egg batter and place over the mascarpone in the dish. Pour any remaining batter (if it will fit) into the dish. Refrigerate, covered for at least 4 hours.
6. DO AHEAD: Cover the French toast and refrigerate for up to 3 days (yes, really).
7. Preheat oven to 350°F. Remove the baking dish from the refrigerator at least 45 minutes before baking. Bake the dish until golden brown and bubbling, about 30-45 minutes. Remove from the oven, allow to rest for 10 minutes before cutting into squares and serving with pear sauce and remaining cinnamon butter.
8. PEAR SAUCE: In a large skillet melt the butter, then add cinnamon, nutmeg, cloves, ginger and sugar, stirring until sugar melts. Add the pears and cook for 20 minutes, until the liquid in the pan evaporates and the pears are soft. Add the Amaretto or extract and cook another 15 minutes. DO AHEAD: Cool sauce completely and refrigerate up to 3 days ahead.
9. Serve the sauce warm over the French Toast. Can also go on pancakes, waffles or English muffins.

CINNAMON BUTTER:

12 tablespoons unsalted butter, softened
3 tablespoons sugar
1/2 teaspoon ground cinnamon

FRENCH TOAST:

8 tablespoons cinnamon butter (above)
8 large eggs
1 1/2 cups heavy cream
1/2 cup pear nectar
1/8 teaspoon freshly ground nutmeg
1 pound white bread, like Pepperidge Farms, or Hawaiian sweet bread (sliced)

2 cups mascarpone cheese
1/4 cup pear nectar
1/4 cup brown sugar, packed

SPICED PEAR SAUCE:

1/2 cup unsalted butter
1 teaspoon ground cinnamon
1/8 teaspoon freshly grated nutmeg
1 pinch ground cloves
2/3 cup brown sugar, firmly packed
6 large red pears, peeled, cored, coarsely chopped
1/4 cup Amaretto, or 1 teaspoon almond extract

Per Serving (excluding unknown items): 761 Calories; 53g Fat (61.9% calories from fat); 11g Protein; 62g Carbohydrate; 4g Dietary Fiber; 312mg Cholesterol; 336mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1 Fruit; 0 Non-Fat Milk; 10 Fat; 1 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>