

# Cardamom & Cinnamon Baked French Toast and Honied Apricots

**Serves 2**

**Hands-on Time 10 minutes plus chilling**

**Baking Time 25 minutes**

## Ingredients

2 Apricots  
1 tbsp Honey (runny)  
2 1/2 tsp Demerara sugar  
1/2 tsp plus a pinch Ground cardamon  
1/2 tsp plus a pinch Ground cinnamon  
2 tbsp Custard powder  
2 tbsp Caster sugar  
2 Eggs, large  
120ml Full-fat milk  
2 tsp Vanilla extract  
4 Slices of bread, thick cut  
1 tbsp Icing sugar

## Equipment

Knife  
Baking dish  
Baking sheet  
Baking parchment  
Small bowl  
Wide-shallow bowl  
Whisk  
Sieve

Preheat your oven to 170°C/150°C(Fan)/325°F/Gas mark 3.

Halve and stone the apricots.

Place the apricots, cut sides up, into the baking dish.

Drizzle the honey over their craters followed by a sprinkling of a half teaspoon of demerara sugar.

Line your baking sheet with a piece of parchment.

In a small bowl mix together a half teaspoon each of the ground cardamon and cinnamon.

Add the custard powder and caster sugar to a wide-shallow bowl followed by one egg. Gently whisk together so they combine and there's no large lumps before adding the second egg. Gently whisk again until combined.

Continue whisking and add the milk and vanilla extract.

Take a piece of bread, dunk one side into the egg mix before flipping it over and dunking the other. Ensuring the bread isn't fully submerged, sprinkle a couple of pinches of the mixed spices on top. Pick

the bread up, let the excess egg drip off, and place the slice spiced side down onto the lined sheet. Repeat with the remaining slices ensuring you don't use all of the spice mix up.

Sprinkle the remaining spice over the tops of the bread followed by two teaspoons of demerara sugar.

Pop the sheet into the oven on a middle shelf and bake for 25 minutes until golden.

Whilst the apricots and bread are baking, mix a pinch of each spice with the icing sugar in the small bowl.

Remove the toast and apricots from the oven.

Plate the toast, followed by the apricots making sure you spoon any of the syrup over the fruit.

Sieve the spiced icing sugar like a light snow fall over the toast and fruit.

Enjoy!