



Foodservice East Recipe Card

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RECIPE: Bananas Foster French Toast

Serves 8

4 bananas
½ cup brown sugar
1 tbsp ground cinnamon
½ tsp vanilla extract
½ cup orange juice
8 eggs
1 tsp Cinnamon
½ tsp vanilla extract
½ cup clarified butter
16 slices whole-grain bread
Powdered sugar as needed
16 oz maple syrup

Method

1. Combine the brown sugar, cinnamon, vanilla extract, and orange juice in a saucepan. Bring to a boil and reduce the liquid until syrupy, about 5 minutes.
2. Place the banana quarters into the syrup. Heat for 3 minutes, turning to ensure they are coated on all sides.
3. Remove the bananas from the sauce and let cool on a wire rack.
4. In a mixing bowl, whisk together the eggs, cinnamon, and vanilla extract. Set aside.
5. Heat 1 Tbsp. of the clarified butter in a sauté pan.
6. Place 2 pieces of the caramelized bananas in between 2 slices of whole-grain bread. Repeat process with the remaining ingredients.
7. Dip the banana sandwiches into the egg mixture and sauté until golden brown, about 2 minutes per side.
8. Dust with powdered sugar before service. Serve accompanied with maple syrup.