

CREME ANGLAISE & BRIOCHE PAIN PERDU WITH BURNT ORANGE ICE CREAM

Makes 6

Ingredients:

One large French brioche loaf (allowed to go stale over 2-3 days!)

Crème Anglaise

500ml milk
500ml thick cream
3 large eggs
80g sugar
Vanilla essence or pods
Optional aromatics:
2-4 cardamom pods,
2-3 strips of orange zest, pieces of
cinnamon bark, a little black pepper, five
spice or star anise

To cook:

50g butter for cooking
50g caster sugar for caramelising

Burnt Orange Ice Cream

2 large oranges
2 large egg yolks
50g butter
100g sugar
400ml heavy (whipping) cream
300ml milk
Seeds scraped from 1 vanilla bean



Pain Perdu translates as "lost bread", referring to this dishes' magical ability to rescue stale bread that would otherwise be lost. It's the original French Toast! It has recently been revived and elevated as a dessert by Michelin star chef Jun Tanaka. His recipe uses rich buttery French brioche soaked overnight in a flavour-layered classic Crème Anglaise. With a crisp buttery exterior and a soft custardy interior, we serve Pain Perdu with summer fruit and a burnt orange ice cream made from the leftover crème Anglaise, making this is one of the most decadent desserts of the moment!

Method:

Place the aromatics in a bowl with the sugar and add about 100 ml of the milk. Warm in the microwave or in a small saucepan until the sugar has dissolved.

Add the rest of the milk to cool the mix and then whisk in the rest of the Crème Anglaise ingredients together and set aside to allow the flavours to for the flavours to make friends, ideally overnight.

Cut the brioche into blocks measuring 4cm wide, 4cm high and 10-14cm in length (this will depend on the size of your loaf.) Ideally remove the crust as this will allow the cream to penetrate.

Place them in a dish just large enough to fit the blocks.

Pour the Crème Anglaise over the top. Gently place a lid over the blocks to weigh them down to ensure they are completely submerged in the cream.

Cover the dish in cling film, place in the fridge and leave for ideally up to 12 hours.

Carefully lift the brioche out of the Anglaise one hour before serving and place them on a wire rack. You may find that pouring off the cream and then inverting them onto a draining rack over another dish is the easiest way. Allow to drain for at least 30 minutes.

Heat some butter in non-stick frying pan, add the brioche blocks and carefully brown on the four long sides. Transfer them to a baking tray and cook in the oven for 10 minutes at 170C.

Remove the brioches from the oven, sprinkle some caster sugar over each block and caramelize with a blowtorch. Repeat this process until the blocks are caramelised and dark on the top. They can be served warm straight away or cold.

Crème Anglaise

To cook out the crème Anglaise, either whisk over a pan of gently simmering water a pan or in a pan over direct low heat. Gently stir continuously to ensure that the eggs do not scramble until it becomes thick.

Burnt Orange Icecream



Preheat the oven to 200C.

Rub the butter over the oranges and coat in 50g of the sugar. Bake in the oven for 15-20 min (until the skin has blackened).

Quarter the oranges and place them skin side up on the baking tray and bake in the oven for a further 30-35 mins until the peel is dark brown. Remove from the oven and allow to cool.

Once cooled, remove the flesh from one of the oranges and discard and keep the other orange. Blend the whole orange, the other orange skin, any sugar from the pan with 50g of sugar in a blender or with a stick blender. Cool in the refrigerator for 8 hours.

Place the orange puree in a saucepan over medium-low heat, and bring it to a simmer.

While the orange puree is heating, whisk the cream, half-and-half, vanilla seeds, and egg yolks together in a large bowl. Then, whisking constantly, slowly add the hot orange puree – this will cook off the eggs. Stir gently until all the ingredients are well blended.

Let the mixture cool to room temperature then chill in the freezer for 2 hours covered with plastic film to avoid a skin forming and then churn in an ice-cream machine. Place in freezer overnight to completely freeze before serving.

To serve

Divide the brioches between the plates and serve with a scoop of the burnt orange ice cream and some fruit. We garnish with a little candied orange peel. Garnish with the Crème Anglaise.

Candied Peel

Cut the peel from any citrus fruit into thin slithers and cover with cold water, bring to the boil, drain and repeat two more times to remove the bitterness of the pith.

Combine a cup of sugar and a cup of water and spices in a wide saucepan, heat until the sugar has dissolved. Lay the peel in the pan and make sure it is submerged. You can use a circle of baking paper and a plate to keep them submerged.

Slowly bring to simmer and cook for about an hour - checking regularly as they can catch and burn, they should be translucent. Lay out on baking paper in a warm place for a few days until they dry (South of France is best!) Then when they are no longer really sticky we toss them in sugar and keep in a clean jar.