

Bostock

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Bostock / Almond-Orange French Toast Recipe

Serves 8 /10.

Bostock is certainly the ultimate breakfast or brunch delicacy!.. a near cousin of the almond croissant (croissant aux amandes). Both are day-old viennoiseries stuffed or topped with an almond cream (crème d'amande) or frangipane: a mixture of almond cream with pastry cream. Soaking well the brioche in flavored syrup is crucial to succeed. Bostock can be served as is or paired with creme anglaise and red fruits. You can of course make your own brioche a few days ahead (click below for the video recipe) or purchase it at your favorite bakery.

Almond Cream Filling

0.5 cup (80g) powdered sugar

1 cup (100g) almond meal

1 Tbsp (10g) corn starch, potato starch or flour

0.9 stick (100g) unsalted butter, softened

1 ea. large egg, at room temp

1 ea. vanilla bean, scrap out the seeds or 1 tsp (5ml) vanilla extract.

1.3 Tbsp (20ml) dark rum (optional).

Method

Combine powdered sugar, almond meal and cornstarch together and set aside. Meanwhile in a stand mixer or by hand, cream the softened butter then mix in the dry ingredients, add the egg, vanilla and rum and beat until homogenized. Use at room temp. Almond cream can be kept refrigerated for up to 5 days or frozen for weeks.

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Bostock Syrup

2 cups (500ml) water

1.25 cups (250g) granulated sugar

1/2 cup (50g) powdered sugar

1/2 cup (50g) almond meal

1 ea. orange zest.

Bring to a boil and add flavoring:

2 Tbsp (30ml) orange blossom water Or: 1/2 cup (125g) orgeat syrup or rum or whisky or Grand-Marnier*

*Add more or less flavoring according your taste.

Transfer syrup into a large bowl. Keep syrup hot; at around 160°F (70°C).



Topping

Slivered almonds and powdered sugar.

Assembly

Slice brioche into 1-inch (2.5cm) thick portions. (Save trimmings for bread pudding). Soak brioche in hot syrup and flip a few times during soaking making sure that slices are completely wet. Transfer onto a silicone mat or parchment paper. Top with the almond cream within 1/4-inch (5mm) off the edges. Dip in slivered almonds and dust with powdered sugar.

Baking

Bake at 400°F (200°C) for about 15 to 20 min. Let cool and serve at room temperature. Bostock can be refrigerated for up to 4 days or frozen for weeks. Reheat before serving. Enjoy!

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