



French toast with elderberry pears

Recipe by V-ZUG LTD



Preparation	15 Mins
Cooking time	20 Mins
Portions	4

Fotzelschnitten, "Arme Ritter", French toast, pain perdu – almost every country has its own version of this dish, originally created to give stale bread a new life. The dry bread soaks up the egg and milk mixture, becoming tender and moist on the inside and slightly crispy on the outside.

Elderberry Pears

- 2 tbsp butter
- 500 g firm pears, peeled, in segments
- 4 tbsp elderberry jelly
- 1 tbsp water
- 1 star anise
- 1 pinch of cinnamon

French toast

- 300 ml milk
- 2 eggs
- 2 pinches salt
- 400 g day-old bread, in slices
- 2 tbsp clarified butter
- 80 g sugar
- 2 tsp cinnamon

Elderberry-Pears





Melt butter in a pan over medium heat (level 5–6). Add the pears and sauté briefly. Add the elderberry jelly, water, star anise and cinnamon, then cover and cook over low heat (level 3–4) for approximately 10 minutes. Remove the lid and reduce the liquid slightly over medium heat (level 5–6). Cover the pears and set them aside.

French toast

Whisk together the milk, eggs and salt in a shallow dish. Add the bread slices in batches and leave to soak for approximately 3 minutes, turn and soak for another 3 minutes. Heat a little clarified butter in a non-stick frying pan over medium to high heat (level 6-7). Pan-fry the slices on both sides in batches for approximately 3 minutes on each side until golden brown. Mix the sugar and cinnamon on a flat plate, turn to coat the French toast in the cinnamon sugar while still hot, and serve with the elderberry pears.

Tips

Instead of elderberry-pear, serve seasonal fruit compote or conserve.

The soaking mixture can be flavoured as preferred, for example with orange zest, cinnamon, vanilla, gingerbread spice or even a touch of pepper.

French toast can also be prepared savoury: instead of coating it in cinnamon sugar, sprinkle with finely grated cheese and serve with a salad.

Accessories

Non-stick frying pan (28 cm ø)

Pan with lid (16 cm Ø)

Additional information

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