

Sweet Eggy Bread With Caramelised Fruit

From March Ivory Coast pineapples will be in the shops, use a few slices for this quick pudding. Use apples, bananas or pears: in fact any fruit will work well with this pudding.

Ingredients

1 egg, beaten	30g/1oz butter
1 tablespoon caster sugar	4 slices of pineapple roughly cut into chunks
Zest of 1 lemon	½ teaspoon brown sugar
2 x 2.5cm slices stale bread/ French bread	1 tablespoon of rum, optional
cut on the angle	Serve with Greek yoghurt

Method

Place the egg, caster sugar and lemon zest into a medium size bowl and whisk until mixed.

Dip the slices of bread into the egg until all the egg is absorbed. Leave in longer the more stale the bread.

Melt half the butter in a frying pan and allow the butter to foam. Add the slices of bread and lower the heat, cook the slices for about 3 minutes a side or until golden brown. Keep warm.

In the same pan melt the remaining butter and add the brown sugar. Turn the heat up and add the pineapple/apple. Cook until caramelised (you may add 1 tablespoon of rum at this stage).

Serve the fruit on top of the eggy bread. Top with a spoon of yoghurt.