



Torrijas with Black Garlic.



DIFFICULTY
MINIMUM



CUISINE
MEDITERRANEA



SERVES
4



TYPE OF DISH
DESSERT



PREPARATION TIME
30 MINUTES



TYPE OF GARLIC
BLACK

Ingredients

- 12 cloves of Black Garlic
- 1 Tomato Bread baguette
- 3 Eggs
- 5 gr. Pine Nuts
- 50 gr. Dark Chocolate
- 200 gr. Cream
- 200 gr. Sugar
- 500 ml. Milk
- Fresh Mint Leaves

Step by Step



1. Peel the cloves of Black garlic, respecting the shape of the cloves.
2. Grate or finely chop the Black Chocolate.
3. Cut the Bread into thick slices, remove the crust and cut it up into squares.
4. Crack the Eggs into a bowl and beat them.
5. Add the sugar, milk and cream, and mix well.
6. Add in the pieces of Bread one by one, cover them well on both sides, and leave them on a tray to put in the fridge for about 20 minutes.
7. After this 20 minutes, take the pieces of Bread out of the fridge and drain them off.
8. In a non-stick frying pan on medium heat, heat the pieces of bread until they are golden-brown on both sides. Our Torrijas are ready!



FINISHING THE DISH:

9. Put two Torrijas on a plate. On one corner of the Torrijas, add a teaspoon of chocolate and put some pine nuts on top.
10. Place a sheet of fresh mint and two cloves of Black garlic on each Torrija. And they are ready to be enjoyed!!

CHEF'S TIPS Miguel Ángel Mateos:

- The Black Garlic brings funny and tasty nuances to the Torrijas, because its flavour reminds us of coffee, liquorice, ...
- This time, we chose to use Tomato Bread, but normal White Bread can be used. It is best to make Torrijas with yesterday's bread, so that the mixture is better absorbed.
- We recommend you accompany them with a ball of Vanilla ice cream, Mantecado (butter-cake), Nougat ... the contrast is delicious.
- Adding beaten egg to the mixture means avoiding having to fry the Torrijas, since they only need to be browned off on the hot-plate, as the egg coagulates in the interior and prevents the absorbed mixture from escaping.