



Palatable

Bacon French Toast Roll Ups

🕒 Prep: 5m • Cook: 10m • Total: 15m

Ingredients

- 6 slices fresh soft sandwich bread (I used white, but you could use wholemeal, wholegrain etc) (note 1)
- 6 slices of streaky bacon , rind removed (note 3)
- 1 tbsp butter
- 1 egg (large) (note 4)
- 2 tbsp milk (full cream or low fat)
- Pinch of salt
- TO SERVE (OPTIONAL)
- Nachos Cheese Dip

Instructions

1. Cut crusts off the bread.
2. Use a rolling pin and roll back and forth 3 or 4 times on each piece of bread to flatten it out. Because it is fresh bread, it should become a bit sticky.
3. Combine egg, milk and salt in a dish or bowl that is large enough for a roll up to lie flat in (so you can roll it in the egg mixture). Whisk with a fork to combine.
4. Heat large pan over high heat (no oil required because the bacon is so fatty).
5. Place bacon in the pan and sear each side until browned but not until it is crispy. If it is too crispy, it will just crumble when rolled up.
6. Place one piece of bacon in the middle of each piece of bread.
7. Roll up the bread, ending with the seam side down. Press down lightly to help it stay in place.
8. Wipe pan clean, place butter in pan and return pan to heat.
9. Roll a roll up in the egg mixture, then shake off excess. Enclose your fist around it (lightly) and twist the roll up a few times back and forth. This rubs the egg mixture into the roll up and helps ensure the seam remains sealed. Repeat with remaining roll ups.
10. Place roll ups in the pan. Cook, rotating, for around 3 to 4 minutes until all sides are golden brown.
11. Remove and serve immediately, with warmed Nachos Cheese Dip (if using).

🔗 Source : <https://www.recipetineats.com/bacon-french-toast-roll-ups/>