

Blueberry Stuffed French Toast

An elegant, overnight breakfast bake featuring luscious layers of cream cheese, vibrant blueberries, and rich custard.

PREP TIME

20 Minutes

BAKE TIME

60 Minutes

YIELDS

8–10 Servings

INGREDIENTS

- 6 Duck Eggs
- 12 slices White Bread
- 2 pkgs (8-oz each) Cream Cheese
- 1 cup Fresh or Frozen Blueberries
- ½ cup Maple Syrup
- 2 cups Milk

DIRECTIONS

1. **Prep the Bread:** Remove the crusts from the white bread slices and cut into small cubes.
2. **Layer the Base:** Lightly coat the bottom of a 9"x13" glass baking dish with vegetable cooking spray. Arrange exactly half of the bread cubes evenly along the bottom of the pan.
3. **Add the Filling:** Cube the blocks of cream cheese and scatter them over the bread layer. Distribute the blueberries evenly across the cream cheese.
4. **Top Layer:** Scatter the remaining half of the bread cubes over the top of the blueberries.
5. **Whisk the Custard:** In a separate mixing bowl, beat the duck eggs thoroughly. Mix in the maple syrup and milk until completely integrated.
6. **Soak Overnight:** Pour the egg mixture slowly and evenly over the layered bread and cheese. Cover the dish tightly with aluminum foil and refrigerate overnight.
7. **Bake Covered:** In the morning, preheat your oven to 350°F (175°C). Place the covered baking dish onto the center rack and bake for 30 minutes.
8. **Brown & Finish:** Carefully remove the aluminum foil cover and continue baking for another 30 minutes, or until the French toast is beautifully puffed and golden brown.

Chef's Note: Using duck eggs instead of chicken eggs makes the custard base incredibly velvety and luxurious. Because duck eggs have a higher protein content, they give this breakfast bake an exceptional, souffle-like rise when it hits the hot oven. Serve warm with an extra drizzle of pure maple syrup!