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## **FOR IMMEDIATE RELEASE**

### **Taking Traditional French Toast To New Flavor Heights *Signature Recipe from The Mather Is National Award Winner***

**Evanston, IL. (November 20, 2009)** – Chocolate Banana Crème Brule French toast. The recipe name, alone, sounds delicious as well as elegant. It’s certainly not what you might expect to find on the menu at a senior living community. Think again!

This tasty version of the breakfast favorite, French toast, is a signature recipe at The Mather, the Chicago area’s newest senior living residence, located in Evanston, IL. It was created by Executive Chef Chip Fegert who, with Sous Chef Chivo Montero, were recently crowned winners of the “Iron Chef” competition at the American Association of Homes and Services for the Aging (AAHSA) Chef Challenge 2009 in Chicago.

“When I joined The Mather, one of my first challenges was to take a traditional recipe and give it a signature twist,” said Chef Chip. “In this case I went even further, creating an all-new version of French toast that is perfect for a special occasion breakfast or brunch.”

Now served as a “signature” menu item at The Mather, Chocolate Banana Crème Brule French toast is one of three recipes that catapulted Chef Chip and The Mather team to top honors at the “Iron Chef” competition.

Modeled after the Food Network’s “Iron Chef America,” the AAHSA Chef Challenge featured professional chefs from AAHSA member communities across the country, using a secret ingredient and racing against the clock to create the tastiest and most creative dishes as selected by a panel of judges representing a cross-section of senior living communities, older adults, and culinary experts. The entire event occurred on the exhibit hall floor, under the watchful eyes of not only the judges but also thousands of AAHSA Annual Meeting attendees.

“We are extremely proud of this honor because it exemplifies the high level of food quality and dining creativity that we offer every day to residents of The Mather,” said Mary

Leary, President and CEO, Mather LifeWays. “Our culinary team was up against some very tough competition.”

Chef Fegert created his new recipe by first substituting the traditional batter with a rich vanilla custard. “Caramelizing the brioche after it is pan cooked creates a unique surface that provides a great palette-pleasing texture,” he said.

The Mather features seven dining venues and lounges, including rooftop dining with views of downtown Evanston, Lake Michigan and Chicago’s skyline; 24-hour concierge service; and “plant-your-own” garden plots as part of nearly two acres of lush gardens. As a Continuing Care Retirement Community, The Mather will also offer onsite health care, should residents ever need it. It is the latest addition to a family of senior living residences created by Mather LifeWays that enable older adults to *Age Well*.

The Mather was recently named the 2009 High-Rise Masonry Construction Project of the Year by *Masonry Construction Magazine*, representing the “best of the best” in masonry construction across the country. Last year, The Mather was named the nation’s “Best Proposed Continuing Care Retirement Community” by the National Active Retirement Association.

“Connections,” The Mather sales office, is open Monday through Friday, 8:00 a.m. to 6:00 p.m. and weekends from 10:00 a.m. to 4:00 p.m. For more information, call (847) 492.7400 or visit [www.thematherevanston.com](http://www.thematherevanston.com).

## The Mather Signature Chocolate Banana Crème Brule French Toast

	Bittersweet Chocolate- 4oz
Brioche, 1 in. thick- 12 slices	<b>Pure</b> maple syrup- 4oz
Bananas ½ in slices- 4ea	
Brown Sugar- ½ cup	
Butter- 6oz.	Sugar “in the raw”- as needed
Dark Rum- 2oz	Heavy Cream- 6oz
Cinnamon- ¼ tsp	Powdered sugar- 2oz

Batter:

Eggs- 3ea

Sugar- 1/2 cup

Heavy cream- 1 ½ cups

Pure vanilla extract- 1/2 tsp.

1. Using circle cutter, cut brioche into 3in circles, set aside.
2. Whisk batter ingredients together and set aside.
3. Melt 4oz of the butter in a large sauté pan over medium heat. Add brown sugar and let dissolve. 1-1 ½ minutes. Add cinnamon and bananas and remove from heat. Add dark rum AWAY from the heat. Very carefully return pan to stove and bring to a simmer. Carefully flame liquid using a long fireplace lighter. Let alcohol burn off mixture and remove from stove and set aside.
4. Place 6oz of heavy cream and 2oz of powdered sugar in bowl and whip with electric mixer until a stiff peak is reached. Place in refrigerator.
5. Heat a sauce pot with 2-3 inches of water. Bring to a light simmer. Place stainless steel or glass bowl over water to create a double boiler. Place chocolate in bowl. Using a rubber spatula, mix chocolate as it melts until smooth. Place in a warm area.
6. Place brioche circles in batter. Heat large non-stick sauté pan with remaining 2oz butter. Carefully remove circles from batter and place in pan. Sauté 2-3 minutes on each side over medium heat. Remove and place on sheet tray. Evenly sprinkle each circle with raw sugar (about 1/2tsp on each). \*Blow torch each piece just until smoke starts to appear, about 5-8 seconds to caramelize. Place 3 pieces slightly overlapped in the center of 4 warmed plates. Using 2 forks in one hand, dip in chocolate and drizzle entire plate using a back and forth action.
7. Top with a dollop of whipped cream.
8. Sprinkle rim of plate with cinnamon and powdered sugar.
9. Serve with warm maple syrup on the side.

Serves four

\*If you don't have a blow torch, you may place under broiler to caramelize the sugar.

### **About Mather LifeWays**

*Based in Evanston, Illinois, Mather LifeWays enhances the lives of older adults by creating Ways to Age Well.<sup>SM</sup> Founded in 1941 by entrepreneur and humanitarian Alonzo Mather, Mather LifeWays is a unique not-for-profit organization dedicated to providing a continuum of living and care; making neighborhoods better places for older adults to live, work, learn, contribute, and play; and identifying, implementing, and sharing best practices for wellness, workforce issues, memory care support, and empowering caregivers. To learn more about our senior residences, community initiatives and Institute on Aging, please call (847) 492.7500 or find your way to [www.matherlifeways.com](http://www.matherlifeways.com)*

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