

Name:

Preparation Date:

TRADITIONAL FRENCH TOAST

INGREDIENTS

6 Slices Thick Bread
1/4 Tsp Cinnamon
Pinch of Salt to Taste
2 Eggs
2/3 Cup Milk
1 Tsp Vanilla Extract
1/4 Tsp Nutmeg



DIRECTIONS

1. Beat eggs, milk, salt, (Nutmeg if using it), cinnamon and vanilla in a bowl.
2. Whisk together by hand until well blended. (Cinnamon may not entirely dissolve).
3. Heat a lightly oiled griddle or skillet over medium heat, (325-350° on a griddle).
4. Dunk each slice in the egg mixture making sure to immerse both sides. Do not allow bread to get soggy but make sure egg mixture covers all the bread.
5. Place in skillet or on a griddle. Cook until both sides are a golden brown. Ensure it is cooked thoroughly so as not to have soggy uncooked bread in the middle.

GARNISHINGS:

- Mr. Lechelt highly recommends a sprinkle of brown sugar as a garnishing
- Commonly served with syrup topped with a sprinkle of icing sugar
- May be topped with a variety of fruits such as strawberries, raspberries, bananas, and grapes, as well as other fruits
- Also may be topped with whipping cream and/or sprinkles