



FRENCH TOAST



You will need bread, eggs, milk (or cream/half & half), vanilla, optional cinnamon

Quantities depend on how many you are serving.

For one I use 2 slices of bread, thick or thin. I use 1 egg and 2 Tablespoons milk, ½ teaspoon vanilla.

But for 4 servings, if hearty eaters plan on 10 slices of bread, thick or thin. 5-6 eggs, depending on size of egg. ¼ cup milk or cream – or 1/3 cup, 1 Tablespoon vanilla, and if desired a sprinkle or two of cinnamon.

You need a frying pan or a griddle, medium or medium high heat is best – you want it to brown on the outside, but the eggs need to be cooked on the inside.

Combine ingredients except the bread in a flat dish, combine well with a fork or whisk. Place bread slices in milk/egg mixture and let it soak up a little of the liquid.

Use an unflavored oil in the pan or I often use butter/margarine on a griddle to place the coated bread. Preheat the pan/oil, medium heat to medium high. Let it cook until nicely browned, then turn with either a spatula or a fork – if it is too wet it will fall apart with a fork.

These can be served immediately or kept warm in 200 degree F. oven while you make the rest.

HOMEMADE SYRUP

To make homemade syrup, use equal amounts sugar (either granulated or brown or combination) and water in saucepan and boil for a few minutes, until a spoon testing it starts to drop from spoon as opposed to slide off the spoon. I don't use a particular recipe, so just make sure it doesn't boil too long or it'll be like a crunchy candy instead of a syrup. It's little more than simple syrup you use in drinks, however. You could add orange rind, or spices, or butter or any of the above to flavor more. The brown sugar makes it taste more like a maple variety (while we know it's not really maple syrup).

SUGGESTIONS

TOPPINGS: Use sweet fruits (strawberries, blueberries/raspberries/blackberries, peaches, even pears. Oranges might be tasty and if you do, you might want to add orange zest to the egg mixture.) and whipped cream if you desire. You can also use peanut butter or other butters like pistachio, pecan, or cashew or butter/margarine before syrup. Jams and jellies are also delicious. Store bought pancake syrups are delicious. My favorite is Karo Light Syrup. I grew up with it and it still is my favorite. Be creative!

If you'd like to stuff the French toast, thick bread might be best because you can slice the bread to make a pocket (or you can use two thinner slices and put the filling in between). Fillings could be cream cheese with fruit and a little sugar. Creativity is good here too. What about diced or thin sliced ham with some cream cheese and green onions or chives? Just don't stuff too much. It'll just fall out all over your pan.

Watch it closely. If the fire is too hot it'll burn quickly. If too cold, it'll be too soggy and take forever to toast.

I JUST HAD A THOUGHT! If you have cranberry relish leftover from last week, why not try putting it on top of your French toast? That might be delicious!

Make it yours. Enjoy. You could use big cookie cutters to make shapes if you feel fun. Just have a good time, making and eating. Maybe the children could help in the preparation. And like I said, keep warm 200 deg. F. for a little while until you are ready to serve. YUMMY!

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