

French Toast (Eggy Bread)

'Pain perdu' is the French term which literally means 'lost bread'. A common story about French toast is that it was created by medieval European cooks who needed to use every bit of food they could find to feed their families. The bread could still be used when moistened and heated, so these cooks would have added eggs for extra moisture and protein. Little did they know what a popular and delicious dish this would turn out to be!



Egg, milk and wheat (gluten)*

Nutritional information per portion (127g):

Energy	Fat	Saturates	Sugars	Salt
823kJ 196kcal 10%	9.6g 14%	2.8g 14%	2.9g 3%	0.59g 10%

of an adult's reference intake.
Typical values per 100g: energy 648kJ/154kcal.

Equipment

Chopping board
Table knife
Shallow casserole dish
Measuring jug
Fork
Frying pan (maximum 22cm diameter, non-stick if possible)
Palette knife or fish slice
Pan stand
Plate

Ingredients

Serves 2

2 slices bread
2 eggs
70ml semi-skimmed milk
½ x 5ml spoon unsaturated fat spread for frying each slice

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- To test if the pan is hot enough, place the frying pan on the hob and turn to a medium heat. After a minute or two add a small piece of bread. It is the right temperature when the bread sizzles gently.

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Method

1. Place the sliced bread on the chopping board ready for use.
2. Break the eggs into the shallow casserole dish and add all of the milk.
3. Gently beat the mixture with a fork until the yolk and the white are mixed together with the milk.
4. Place the bread into the mixture, making sure it is totally covered. Be sure to let the mixture soak into the bread and turn over if necessary.
5. Turn the hob to a medium heat and put the spread in the frying pan. It is hot enough when it starts to bubble. Be careful that it does not burn.
6. Using a palette knife or fish slice, remove the bread from the mixture and place in the frying pan.
7. Cook the bread until the underside is golden brown (about 3–4 minutes).
8. Use a palette knife or fish slice to flip the bread over and cook for another 3–4 minutes.
9. Use the palette knife or fish slice to transfer the French toast to a plate to serve.
10. As the pan is already quite hot, turn the heat down slightly before adding another small knob of spread and cooking the second slice.

Something to try next time

Although this dish is great on its own you can serve it with:

- 50g of grated cheese.
- A rasher of cooked bacon.
- A teaspoon of your favourite jam or a drizzle of maple syrup.
- 1 x 5ml spoon of vanilla extract and ½ x 5ml spoon of ground cinnamon added to your egg and milk mixture for an extra-special treat.
- A few finely chopped chives added to the egg mixture for added flavour.

Prepare now, eat later

- French toast is quick and easy to make and best eaten straight away when it is sizzling and crisp.

Skills used include:

Measuring, creaming/beating, frying and serving.