



FRENCH TOAST



SENSORY OBJECTIVES: WELL WE ARE GETTING OUR HANDS DIRTY ON THIS ONE!! THE BEST WAY TO DUNK AND FLIP THE TOAST IN THE EGG BATTER IS BY USING OUR FINGERS. IF POSSIBLE, THIS IS A GREAT SENSORY EXERCISE. IF NOT JUST CRACKING THE EGGS WILL INTRODUCE THE FEELING.

SPEECH OBJECTIVES: WHAT IS YOUR FAVORITE MEAL? DO YOU EVER IT BREAKFAST FOR DINNER? DO YOU HAVE A FAVORITE TOPPING?

INGREDIENTS:

- 4 T SALTED BUTTER
- 1/2 LOAF CHALLAH, UNSLICED (BRIOCHE LOAF)
- 4 EGGS
- 3 T MILK

NOTES:

INSTRUCTIONS:

USING A NONSTICK GRIDDLE OR FRYING PAN, MELT 1/2 T OF BUTTER OVER MEDIUM HEAT. WHEN PAN IS HOT AND BUTTER IS MELTED, START DUNKING THE SLICES OF BREAD ONE AT A TIME IN THE EGG BATTER. TAKE ONE SLICE OF BREAD, SET IN BATTER TO COAT, FLIP AND DO THE SAME, THEN PLACE ON HOT GRIDDLE. I FIND THAT I CAN DO THIS BEST USING MY FINGERS BUT IF NEED BE YOU CAN USE A TONGS. FORKS TEND TO RIP THE BREAD SO THEY ARE NOT A GOOD CHOICE. CONTINUE UNTIL THE PAN IS FULL WITH A SINGLE LAYER OF TOAST. COOK UNTIL GOLDEN BROWN AND ALL OF THE BATTER LOOKS COOKED, THEN FLIP WITH A TURNER AND COOK THE SECOND SIDE UNTIL GOLDEN BROWN. IF NEEDED, ADJUST THE TEMPERATURE, SO IT DOESN'T BURN OR STAY SOGGY. IT SHOULD COOK ON EACH SIDE ABOUT 3-4 MINUTES, BUT YOU WILL NEED TO LEARN HOW QUICKLY YOUR STOVE COOKS, SO CHECK THE BOTTOM OFTEN.

WHEN THE TOAST IS GOLDEN BROWN REMOVED FROM THE PAN AND SERVE IMMEDIATELY. FOR A BIGGER BATCH START AGAIN AT THE SPOT IN THIS RECIPE WHERE IT SAYS MELT 1/2 T OF BUTTER AND CONTINUE THE PROCESS UNTIL ALL OF THE TOAST IS GONE.

IF YOU DON'T WANT TO WASTE THE REMAINING EGG, YOU CAN SCRAMBLE THE REST OF THE EGG BATTER IN THE HOT SKILLET AND SERVE IT WITH THE FRENCH TOAST.

YOUR TOPPING CHOICES ARE ENDLESS, BUT SINCE I AM WRITING THIS IN FALL WE WILL BE SERVING IT WITH SAUTÉED APPLES, LEMON ZEST AND CINNAMON SUGAR. BERRIES, BANANAS, NUTS, CHOCOLATE NUT SPREADS OR ALMOST ANYTHING YOU PUT ON TOAST CAN BE USED AS A TOPPING. BUTTER AND MAPLE SYRUP ARE ALSO SIMPLE AND DELICIOUS.