



French Toast (Serves 4)

Sometimes called Eggy Bread or in French it is known as 'Pain perdu' which literally means 'lost bread'. You could add extra flavours such as cinnamon or grated cheese and chives to your eggy mixture. Eggs contain a little of almost every nutrient we need! They are a great source of protein and the yolks are high in iron - essential for brain development

Ingredients:

4 - 6 slices bread
 2 eggs
 70ml semi-skimmed milk
 ½ x 5ml spoon unsaturated fat spread for frying each slice

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

Instructions

1. Break the eggs into the shallow casserole dish and add all of the milk
2. Gently beat the mixture with a fork until combined
3. 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
4. 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
5. Remove the bread from the mixture and place in the frying pan
6. Cook the bread until the underside is golden brown (about 3-4 minutes)
7. Use a palette knife or fish slice to flip the bread over and cook for another 3-4 minutes
8. Use the palette knife or fish slice to transfer the French toast to a plate to serve
9. As the pan is already quite hot, turn the heat down slightly before adding another small knob of spread and cook the remaining slices

Skills used include:

Measuring, creaming/beating, frying and serving
ALLERGENS HIGHLIGHTED IN BOLD

