

# FRENCH TOAST

So who needs a recipe for French Toast? What could be easier? Well there are not a lot of things easier to make for breakfast than French Toast, but there are some things you can do to make it amazing instead of so-so. You got up early to make breakfast so let's make it amazing!

## **INGREDIENTS:** (for 6 pieces of French Bread)

Bread - OK let's talk about this. This is the most important ingredient so pay attention. The best bread for this is actually stale French Bread cut 1 to 1 ½ inches thick. Go figure. French Bread has an open texture to hold the egg mixture (some would call it a custard) and a naturally chewy consistency, which is ideal for French Toast. The next best bet is leftover homemade bread, again preferably a little past its prime. The staleness allows the bread to soak up the egg mixture so don't let that scare you. Most of the time though we want French Toast for breakfast but don't have old French Bread or homemade bread sitting around, so we use whatever sandwich bread we have available. This is OK! Use what you have...that is the art of cooking. Please keep in mind that the amount of egg mixture that is absorbed by Wonder Bread is different than French Bread or Homemade Bread, so when in doubt make more egg mixture than you think you'll need. When breakfast is over, fry up the remaining egg mixture and feed it to your dog...it'll give him a shiny coat.

4 Eggs

2 Tablespoons Water (the proteins in milk fight with the proteins in the egg. Water on the other hand plays well with others and gives a very light and fluffy texture, particularly in omelets).

½ teaspoon Vanilla

1/8 teaspoon Cinnamon

## **DIRECTIONS:**

Slice the bread as necessary and set aside.

Whisk the liquid ingredients together well and place in a 9X9 pan.

Soak bread in the egg mixture for 15-30 seconds, then turn it over and repeat. The staler the bread the longer it should soak and the tastier it will be.

Place the soaked bread on a greased/buttered skillet at medium heat. If you are using thick stale bread, it will take some time to heat/cook through the bread, so don't crank up the heat and rush it, it needs to cook through.

Serve as is, or add fresh fruit of your choice, whipped cream, syrup, etc. Or do like Deeann does, and slice a banana over it and cover it all with Male Syrup.