

Pan Cooked French Toast



TIPS:

1. I love waking up to the smell of butter, eggs, bread, and a good shot of ground cinnamon cooking in the frying pan!

2. **Bread Choices:** As an alternative to white bread traditionally used to make French toast, try whole grain bread, cinnamon swirl bread or raisin bread – I love using whole grain breads myself because of their richer flavor and more chewy texture. I also like that whole grain bread is a more complex carbohydrate which burns steadily and evenly in your body, not hot and fast followed by an energy crash the way more processed white breads or even whole

wheat breads do.

Preparation Time: About 2-5 minutes

Cooking Time: 5-7 minutes

Ingredients (for 1-2)

2 Pieces of Bread (I'm using whole grain bread, though any bread will work)

2 Eggs

Milk

Dash of Salt

Vanilla Extract

Butter

Ground Cinnamon

Sugar (optional)

Maple Syrup or Your Favorite Topping



Equipment

10-12 Inch Frying Pan

Spatula

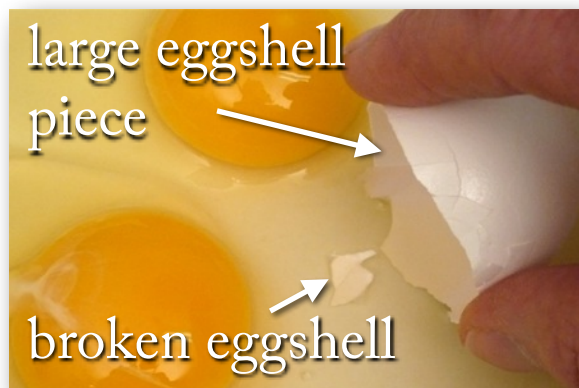
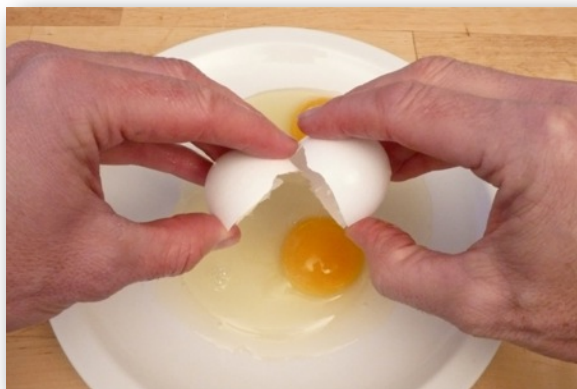
Dinner Plate or Pan (for soaking bread - use a dinner plate for 1-2 pieces of bread or a pan if your making more than 2 pieces of French toast)

Fork

Table Knife



1. Break the **eggs** onto a plate by cracking them on the plate edge and then pulling the shells apart. **NOTE:** If a **piece of broken eggshell** accidentally falls into the **eggs** on the plate, use one of the **large eggshell halves** to attract and scoop up the smaller piece as shown in the third picture below.



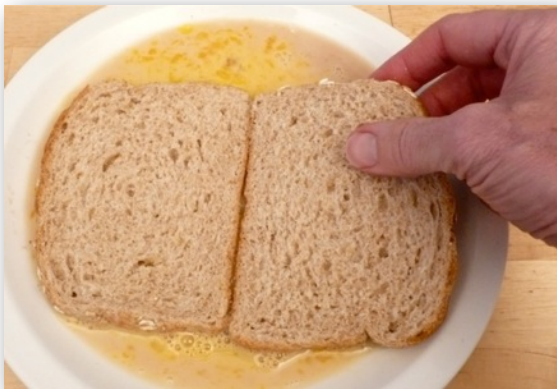
Add a dash of salt, a shot of vanilla extract, and a splash of milk.



2. Stir the ingredients vigorously with a fork until they are evenly mixed together.



3. Put the bread in the egg mixture, then turn the bread pieces over to ensure that both sides soak evenly.



4. Put the frying pan on the stove, and turn on the burner to MEDIUM heat.



5. Let the pan warm for at least a few minutes, then check it for the proper cooking temperature by running cold tap water on your fingers and flicking the water onto the pan surface. The pan is warm enough to cook when the water evaporates with a sizzle. **NOTE:** If the water sizzles and evaporates into steam as soon as it hits the pan, remove the pan from the heat for a few minutes to let it cool. Turn down the burner heat. Then heat and test the pan again. If the water doesn't sizzle at all on contact with the pan surface, keep warming the pan until the water does sizzle.



6. When the pan is warm enough to cook, add a **1/4 - 1/2 inch (6-12 mm)** piece of **butter** to the pan as shown. Then...



...swirl the **butter** in the pan by rolling your wrist as shown in the two photos below until...



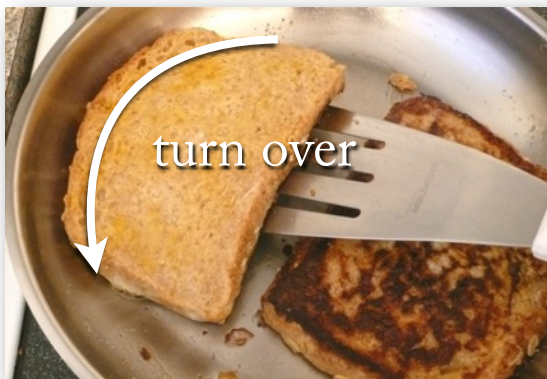
...the pan surface is evenly coated.



7. Put the egg soaked bread into the hot pan, and cook for about 2 minutes until the bottom side of the bread is lightly browned as shown in the picture on the right.



When the bottom side of the bread is lightly browned, use a spatula to turn the bread pieces over, and cook again until the second side of the bread is also lightly browned. The second side of the bread usually takes less time to brown than the first side.



8. When both sides of the bread are lightly browned, use a spatula to slide the freshly cooked French toast from the pan onto a plate.



Top with a light dusting of ground cinnamon and/or sugar and...



...serve warm with maple syrup or your favorite topping.



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