

French Toast

Type: Breakfast, Main Dish

Serves: 4

Time to Prepare: 20 minutes (not counting time for bread)

Ingredients

4 slices of bread

1 cup of soy creamer

1 tbsp. of maple syrup

2 tsp. of EnerG Egg Replacer

¼ tsp. salt

1 tbsp. of vegan margarine to sauté the French toast

Options: Sprinkle each slice with ½ tsp. cinnamon, 1 tsp. powdered sugar, and 2 tsp. melted margarine. You can also add more syrup if you like.

Instructions

Slice the bread.

Leave the bread out overnight *or* **Toast** the bread for ten minutes on 300 degrees.

Whisk the soy creamer, syrup, salt, and Egg Replacer together in a wide metal bowl.

Soak each side of the bread in the mixture.

Cook one side of the French toast on a medium heat with the margarine until it is golden.

Flip it over and cook the other side until it is golden.

Options: Sprinkle with the cinnamon and then the powdered sugar on the top.

Drizzle the melted margarine on top.

Pour the extra syrup on top.

Kitchen Equipment

Measuring Cup

Measuring Spoon

Whisk

Sauté Pan

Serrated Knife for the Bread

Wide Metal Bowl

Presentation



French toast is incredibly easy to present and looks best with the cinnamon and powdered sugar option with a little bit of melted margarine. Make sure that the sides are golden, as that's part of the appeal of the dish. If you serve the slices individually (not a bad idea, since they are very rich), the portions will appear small unless you serve them with something else or you serve them on a small plate.

Time Management

This recipe needs to be watched carefully so it doesn't burn, meaning you should not cook it while preparing anything else. If you toast the bread, you can prepare the soaking batter while the bread is in the oven.

Complimentary Food and Drinks

Since French toast is a heavy breakfast item, it is best to serve it with something lighter like fresh fruit or a croissant. It also goes well with coffees that have nutty aromas to them.

Where to Shop

All of the ingredients, save the EnerG Egg Replacer, can be purchased from most local grocers. If you want the best taste, however, you should buy the bread from a baker that makes their breads fresh, daily, or you should make your own. The Egg Replacer is commonly found at health food stores and chains that promote organic produce.

How It Works

Letting the bread sit out overnight or toasting it gets rid of some of the moisture in the bread, allowing it to better absorb the batter. The Egg Replacer works as a thickener so that the batter sticks to the bread. Finally, the syrup in the batter adds a touch of sweetness, and therefore, richness, to the dish.

Chef's Notes

My favorite way to make this is with raisin bread, as the raisins add a different type of minor sweetness than the syrup and also a little texture contrast. Also, make sure that you use Grade A maple syrup for a good quality of taste. Of course, I always add all the options!

Nutritional Facts (does not include the options, per serving amounts in parentheses)

Calories 912 (227)

Calories from Fat 275 (69)

Fat 28.5g (7g)

Potassium 0g

Total Carbohydrates 151g (22g)

Dietary Fiber 3g (.75g)

Sugars 61g (15g)

Protein 15g (3.75g)

Salt 1107mg (277mg)

Vitamin A 10% (2.5%)

Vitamin B6 0%

Vitamin C 0%

Calcium 14% (3.5%)

Iron 32% (8%)

Thiamin 0%

Riboflavin 0%

Niacin 0%

Folate 0%

Phosphorous 0%

Zinc 0%

Magnesium 0%

Copper 0%

Interesting Facts

French toast has been around since at least the 1400's.

In England, it was called "Poor Knights Pudding."

In French, the stale bread traditionally used in French toast is called "pain perdu", meaning lost bread.

French toast was not just a French dish, but was popular throughout all of Europe and went by varying names.