French Toast
Per Unit (Yield: 4 Pieces)

Ingredients:

Metric: Measurement: | Imperial Measurement
---|---
4 | slices white or wheat bread | 4
2 | eggs | 2
80 mL | milk | 1/3 cup
2 mL | vanilla | ½ tsp
10 mL | margarine (for the pan) | 2 tsp

Toppings (per group):

| Metric | Measurement | Topping |
---|---|---|
1 | | banana, sliced |
30 mL | | jams/spreads (optional) |
30 mL | | icing sugar (optional) |
45 mL | | syrup (optional) |

Method:

1.) Whisk together egg, milk and vanilla in a small bowl.
2.) Pour mixture onto a plate or casserole dish.

*Show Me #1 - Raise your hand & teacher will check progress :)*
3.) Dip each side of the bread into the egg mixture.
4.) Melt margarine over medium heat in the frying pan. Cook until lightly brown; turn over to cook the second side.
5.) Transfer all four pieces of French toast onto a serving plate.
6.) Serve with sliced fruit or spreads/syrup.
Grade 6

Name:___________

French Toast
Demonstration Day Questions:

1. ) If you didn’t have a whisk in your kitchen, what could you use to beat the egg? Answer: ________________________________.

2.) Why is it important not to cook the eggs on high heat?
   a.) Because it’s bad for the Teflon pan to be on high heat.
   b.) To cool the pan down before it’s cleaned.
   c.) To make sure the egg is cooked properly (not rubbery).
   d.) both A and C are right.

3.) How will your group serve toppings?
   a.) At the table, right from the bottle or jar.
   b.) At the table, in a small serving dish, with a spoon.
   c.) Each member of the kitchen unit will have their own dish of toppings at the table.
   d.) At the kitchen the housekeeper will pour them onto all the French toast.

4.) Fill in the blanks below.

   -Egg Safety-

   Eggs can contain Salmonella, a bacteria that can make us______.
   Wash ______ and surfaces frequently.
   Thoroughly _____ all utensils used.
   _______ to proper temperatures.
   Don’t “cross contaminate” eggs and other foods; keep them _________.
   Refrigerate them properly before and after cooking.

5.) Which of the 4 food groups are represented in this recipe?

6.) What ingredient could you add to this recipe in order to include all four of the food groups?