



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club 21st Dec 2020

French toast

This time of year we make french toast with slightly stale panettone. I won't pretend it's very healthy but it is really delicious!

I don't add sugar to my french toast but find that the cinnamon adds a gentle sweetness to the toast. Dust with a little sugar after if you want to.



Ingredients

4 eggs

250ml milk

¼ tsp ground cinnamon

6-8 slices of bread or panettone.

1 tsp butter or oil

You will need a wide bowl and a frying pan and spatula.

Serves 3-4.

Cont'd

Method

1. Whisk together the eggs and milk and add a good pinch of cinnamon.
2. Heat the frying pan with a little butter or oil over a medium heat.
3. Place the slices of bread in the egg mixture for about 30 seconds per side. If you're using denser bread like wholemeal then give it a bit longer, for panettone give it less- about 15 seconds should do it.
4. Cook the slices in the frying pan, turning the slices over after about 2-3 minutes until gently golden on each side. There should be no liquid seeping out from the bread when gently pressed.
5. Serve hot with fruit, yogurt or any toppings you like.