Recipe: French Toast

Whip all of the ingredients together in a medium shallow bowl. (for lower cholesterol, remove half of the egg yolks and add 1 egg white.)

Heat a griddle pan over medium heat.
Dip a slice of bread in the batter and let it soak for up to 1 minute or just a few seconds.

Fry on the griddle until brown and cooked through, turining once. Repeat with the remaining bread and batter. Serve with powdered sugar, jam, syrup or honey.

Ingredients:

6 eggs
1/4 cup half-and-half
1/4 teaspoon salt
1/2 teaspoon sugar
1/4 teaspoon vanilla extract
1/4 teaspoon almond extract
6 thick slices good quality bread or brioche
Powdered sugar, jam, syrup or honey for serving

Recipe for English Muffin French Toast

seves 6 (recipe can be easily halved)

Canola or peanut oil for frying
1/2 cup milk
1/2 cup heavy cream
4 eggs
3 tablespoons sugar
2 teaspoons good-quality vanilla
6 English muffins, split in half
Powdered sugar and pure maple syrup for serving

Turn oven on warming setting. Pour about 1/4 to 1/2 inch of oil into a large cast iron skillet (or heavy, flat-sided pan) and heat over medium-high until hot, but not smoking.

Thoroughly whisk the milk, heavy cream, eggs, sugar, and vanilla together and pour into a shallow bowl (I use a cake or pie tin). Add 4 English muffin halves to the batter and soak, flipping fequently, until thoroughly saturated with liquid— about 1 minute.

Add the muffin halves to the hot oil. Cook on the first side for about 20-30 seconds, flip and continue cooking untl muffins are golden brown. (Reduce or increase heat, as necessary, to keep oil temperature hot but not smoking).

Gently shake excess oil from the muffins and place on paper towel lined sheet pan. Pat with additional paper towels to remove excess oil, if necessary. Hold cooked muffins in warm oven while continuing with remaining muffins.

Serve French toast English muffins with powdered sugrar and warm maple syrup. Leftover muffins can be stored in a Ziplock bag and reheated in the toaster oven.