

Recipe for French Toast

It may surprise you to know that French Toast probably didn't come from France.

Some say we can trace the recipe back to Roman times. Others say it was created by cooks in Medieval England.

It has several other names, including German Toast, Eggy Bread, French Fried Bread and Nun's Toast, to name a few.

In France, it is called 'pain perdu' which means 'lost bread'. This tells us that it was a way of using up stale bread. Dipping the stale slices in liquid makes the bread soft again, and pleasant to eat. This means the bread is not wasted. (You don't have to use stale bread, though. Fresh bread is fine!)

No matter who created it, or what you choose to call it, almost everyone agrees that French Toast is delicious.

Difficulty level: Easy

Time: 5 minutes preparation + 10 minutes cooking

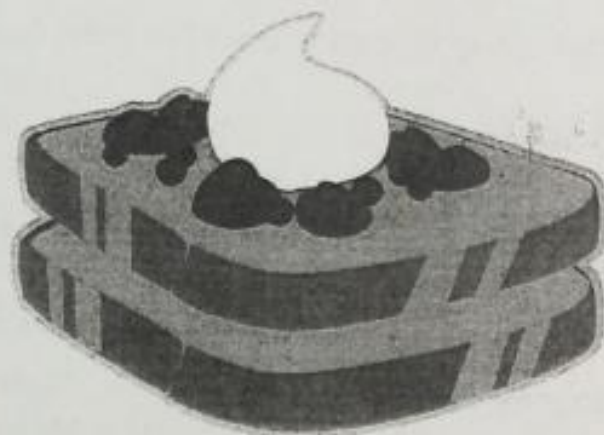
Serves: 2

Ingredients

- 3 eggs
- 2 tsp of milk
- Sugar (optional)
- 4 slices of bread
- Butter, for frying

Equipment

- A bowl, big enough to fit a slice of bread
- A fork or a whisk
- A plate
- A frying pan



Method

1. Crack the eggs into the bowl.
2. Add the milk. If you want to make sweet French Toast, add sugar to taste.
3. Whisk the mixture. You can use a fork or a whisk for this.
4. Dip one slice of bread in the egg mixture. Coat both sides and place on a plate.
5. Repeat with the other slices of bread.
6. Heat a little butter in a frying pan and fry the bread slices one by one for 2–3 minutes on each side.

Serving suggestions

French Toast is delicious on its own, but you can add almost any kind of topping you like.

Savoury options: top with bacon or cheese.

Sweet options: top with honey, syrup, bananas, berries, or chocolate sauce.