

## FRENCH TOAST

Serves 6

Ingredients:

5-6 eggs

250 ml milk

12-14 slices bread (thick)

500 ml cut fresh fruit

Syrup

Equipment:

Fry pan or griddle

Plastic flipper

Square cake pan

Fork

Liquid measures

Paring knife

Cutting board

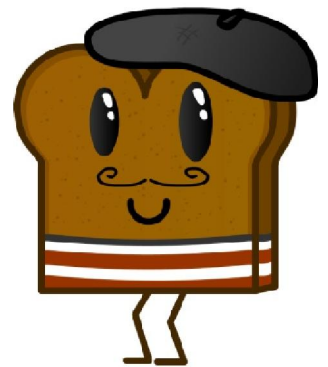
Serving platter

Spray oil



Method:

1. Hair, apron, hands.
2. Wipe down counters. Assemble equipment and ingredients.
3. Preheat griddle to 300°F. Spray griddle with a thin coating of oil.
4. Wash and cut up fruit.



5. Crack eggs one at a time into a medium mixing bowl. Beat well with a rotary beater or whisk. Add milk and beat again. Pour half into the cake pan.
6. Dip each slice of bread in egg mixture, turning to coat each side. Place on griddle next to each other.
7. When first side is golden (about 2 minutes), turn carefully and cook other side about 1 minute. Place on serving platter and cover to keep warm.
8. Repeat with remaining bread. Serve hot with syrup and fresh fruit.