

French Toast

Prep: 20 min. Cook: 10 min. Total: 30 min. Serves: 6.

Ingredients:

- 1 teaspoon ground cinnamon, optional
- 1/4 teaspoon ground nutmeg, optional
- 2 tablespoons sugar, optional
- 4 tablespoons butter
- 4 eggs
- 1/4 cup milk
- 1/2 teaspoon vanilla extract, optional
- 8 slices challah, brioche, or white bread
- 1/2 cup maple syrup or any liquid syrup, warmed, optional

Equipment:

Small bowl, Fork, Skillet, Shallow container/Pie plate, Spatula

Directions:

1. In a small bowl, combine cinnamon, nutmeg, and sugar and set aside briefly.
2. In a 10-inch or 12-inch skillet, melt butter over medium heat, 1 Tbs at a time, in between batches. Whisk together cinnamon mixture, eggs, milk, and vanilla and pour into a shallow container such as a pie plate. Dip bread in egg mixture. Fry slices until golden brown, then flip to cook the other side. Serve with syrup.

Notes:

Make sure you don't over-soak the bread. Fully submerge it in the batter for only a few seconds and let any excess drip off before cooking. And wait for the bubbles from the melted butter to subside — that's when you know your pan is hot enough.

Make large batches and freeze for future quick breakfasts, reheat in toaster.

Adapted from <https://www.foodnetwork.com/recipes/robert-irvine/french-toast-recipe-1951408>.