



Ready... Steady...Cook Challenge 😊 French Toast



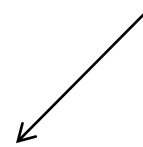
Miss Ballantyne

Food Technology & Family Learning

Step 1



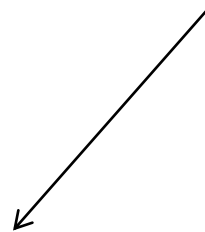
Crack 2 eggs into
a bowl and
whisk with a fork
until it looks like
this



Step 2



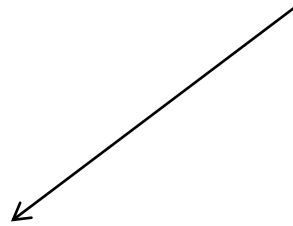
Pour in two tablespoons of milk to the egg mixture like this.



Step 3



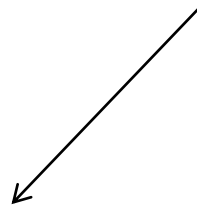
Mix in the milk to the egg mixture with the fork like this.



Step 4



Add in some salt and pepper to enhance the flavour of the egg mixture like this and mix.



Step 5



Pour a tablespoon of vegetable or sunflower oil into a frying pan and heat it up.

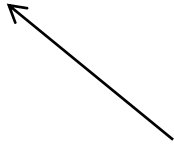
Make sure the temperature of the hob isn't too high so it doesn't burn your French toast. Leave the oil to heat up and move on to step six.

Gas = small flame

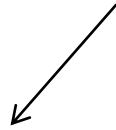
Electric = middle number

Step 6 & 7

Look out your
two slices of
bread.

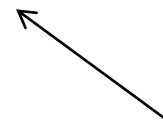
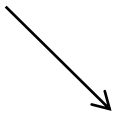


Dip one piece
of bread into
the egg.



Step 8 & 9

Coat both sides of the bread in the egg mixture like this.



Place the bread covered in egg mixture into the frying pan. The oil should be bubbling.

Step 10



Flip your bread with a fish slice or spatula. It should look like this. A bit crispy and golden brown. Each side should cook for 2-3 minutes.

Repeat steps 7-10 for each piece of bread you want to make into French toast.

Step 11



Serve your French toast with some brown or tomato sauce with some bacon.

or

With some maple syrup and sugar 😊.

