

How to Make French Toast

Good French toast has a golden outside and a cooked, tender middle. Slightly stale, thick bread holds up better than soft, thin sandwich bread.

MAKES 2 SERVINGS • PREP 5 MIN • COOK ABOUT 10-12 MIN IN BATCHES

Ingredients

- 4 slices bread, about 3/4 inch thick
- 2 large eggs
- 1/2 cup milk
- 1 teaspoon vanilla
- 1/2 teaspoon ground cinnamon
- a small pinch of salt
- 1 tablespoon butter, divided

Tools: Shallow dish, whisk, nonstick skillet or griddle, spatula.

How to Tell It’s Ready

Both sides should be golden, with no raw egg custard in the middle.

How to Make It

1. Mix the custard. Whisk the eggs until smooth, then whisk in milk, vanilla, cinnamon, and salt.
2. Warm the skillet. Heat a large skillet over medium-low to medium heat. Add half the butter; it should melt and foam gently without burning.
3. Dip the bread. Dip each slice into the egg mixture for about 5-10 seconds per side. Let excess drip off. Softer bread needs a quicker dip.
4. Cook in batches. Add bread in a single layer without crowding. Cook about 3-4 minutes per side until golden and cooked through. Add remaining butter for the next batch and adjust the heat if it browns too quickly.
5. Check the center. The center should be hot and set, without wet egg mixture. A thermometer inserted from the side into the center should read 160 F. Serve immediately.

Troubleshooting

Soaking soft bread too long can make it fall apart. High heat browns the outside before the center cooks.

Jane’s Note

Fruit, a little maple syrup, or a dusting of powdered sugar is plenty. Let the French toast be the main event.

If the outside is browning before the center sets, reduce the heat and keep cooking gently. Discard leftover raw dipping mixture.

janesmithlifestyle.co/post/cooking-101-how-to-make-french-toast