**Food Studies 8 Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period: \_\_\_\_\_\_ Unit #: \_\_\_\_\_\_**

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# French Toast with Berry Sauce

 **French Toast**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 2 |  | eggs |  | 2-3 | slices | bread |
| 15 - 25  | mL | milk |  | 5 | mL | margarine |
| 2 | mL | vanilla |  |  |  |  |

**Method:**

1. Combine eggs, milk (amount needed will depend on the size and number of pieces of bread you choose to use), and vanilla in a medium bowl and mix well with a fork or whisk.
2. Heat electric frying pan to 350˚F. Test frying pan (drops of water dance and sizzle before they evaporate).
3. Add margarine to heated pan. Dip one slice of bread at a time into the egg mixture and put into the prepared pan. Repeat with remaining pieces of bread. Cook until golden on each side, turning only once.
4. Slice diagonally and arrange on plate. Keep warm in oven, set on low, until ready to serve.



**Berry Sauce**

|  |  |  |  |
| --- | --- | --- | --- |
| 10 | mL | cornstarch |  |
| 4 |  | large strawberries, sliced or quartered (50 mL) |  |
| 50 | mL | COLD water |  |

**Method:**

1. On a cutting board, using a paring knife, slice or quarter the strawberries.
2. In a small saucepan stir together cornstarch and cold water until all the cornstarch has dissolved. Add sliced strawberries.
3. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes more.
4. Remove saucepan from heat and place on a cooling rack to cool. Use a clean tasting spoon and taste sauce – if too tart, stir in 5-10 mL sugar.
5. Serve over French toast slices.

Nov. 2013

**Food Studies 8 Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period: \_\_\_\_\_ Unit #: \_\_\_\_\_\_**

**Questions on French Toast**

1. How will you test the frying pan to determine it is at the correct temperature for cooking the French Toast? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. Is the margarine added to the frying pan **BEFORE** or **AFTER** testing if it is hot enough? (circle one). Why? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Strawberries are an excellent source of which vitamin? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Why do we need a source of this vitamin listed in question #3 in our diets everyday?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. When making the berry sauce, why is it necessary to dissolve the cornstarch in

cold water before mixing it into the hot sauce? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Name 3 reasons why it is important to eat breakfast everyday:
	1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Name the Food Groups represented in this breakfast:
	1. Berry Sauce \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. French Toast \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. What are three ways to garnish this dish?
	1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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