FRENCH TOAST

This recipe was used by 2B when cooking in the Ashbury Community Garden “Kitchen Garden” with Jo Ann Calabria and parent helpers in May 2013.

1 loaf bread
6 eggs
1/2 cup milk
1/2 cup grated cheddar cheese
1/2 cup grated parmesan
chopped fresh chives
butter or spray olive oil for cooking

- Using cutters cut shapes from bread, or cut bread into triangles.
- Chop herbs – herbs in cup with scissors.
- Break each egg into a jug and then pour the egg into a large bowl.
- Add the milk.
- Whisk the mixture, until it’s well mixed.
- Add both cheeses and herbs.
- Season mixture with salt and pepper.
- Whisk again.
- Melt the butter in a large frypan over medium heat.
- Dip slices of bread into the egg mixture, then place them in the frypan.
- Cook for 3 to 5 minutes per side, or until golden and crispy.

2B recount of their time in the Kitchen Garden

Firstly we went down to the activity area. Next we made banana ice cream and we got to taste it. Then we got split into three groups. Each group made different foods. One of the groups made French Toast.

Firstly the group that made French toast went into the garden to collect some eggs from the chickens. When they got back they cracked the eggs in a bowl and mixed them with butter to make a mix. After that they cut some bread and dipped it into the mix.

Meanwhile the rice paper roll group were in the garden collecting some herbs. Then the rice paper roll group mixed the herbs up in a bowl. After they mixed the ingredients in the bowl they got the rice paper rolls out of the bag and dipped them in water. Next they took the rice paper rolls out of the water and put the herbs in them. Then they made a sauce with soy sauce, lime and sesame oil.

At the same time the French toast group were putting the toast on the stove. In a little while they were ready. Finally we got to eat the food. It was delicious!

By Finn and Sophie, 2B