

French Toast



Recipe courtesy of Robert Irvine

Show: Dinner: Impossible Episode: Groundhog Daze



Brioche and challah bread make the best French toast. Both are already so eggy that once dipped in the batter and griddled in butter they become custard-like on the inside. The nicely browned and caramelized outside is thanks in part to the added sugar in the egg mixture. And playing with the flavor is easy: This recipe has a touch of warmth from cinnamon, nutmeg and vanilla. Here's a pro tip: 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.

Level: Easy

Total: 30 min

Prep: 20 min

Cook: 10 min

Yield: 4 servings

Ingredients:

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

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. 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.



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