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Cooking with the Club

with Chef Robert Larios



MAMA'S FAVORITE FRENCH TOAST

If it weren't for old, stale bread, French toast would not have been invented, and mothers around the world would not have had the pleasure of their loved ones making them this delicious dish for Mother's Day.

It is thought to have been traced back to fourth-century Rome but was largely in use by European cooks in medieval times who improvised to find ways to feed their families. Cooks added eggs to moisten the bread. So, ironically it was not invented in France. However, the term "French" toast may have been coined by chef Joseph French.

Today, French toast has become a breakfast favorite with recipe variations that can fill entire cookbooks. People will use a variety of fruit toppings, syrups, whipped cream and even bananas Foster. I encourage you to add your favorite combination of toppings – or check with your Mom first.

Happy Mother's Day! *iBuen provecho!* *Chef Larios*

Mama's Favorite French Toast

Serves 1-2

INGREDIENTS:

- 1 tablespoon all-purpose flour
- 1/3 cup milk
- Pinch of sea salt and white pepper
- 1 egg
- Pinch of ground cinnamon
- Pinch of nutmeg
- 1/4 teaspoon vanilla extract
- 1 teaspoon powdered sugar
- Maple syrup (to taste)
- Sliced strawberries
- 4 thick slices of bread
- 1/4 stick unsalted butter

Cooking TIDBIT

If your sliced strawberries are too tart, you may add sugar to them to help bring out the sweet flavors.

[A Cook's Dictionary]



French Toast:

A breakfast dish made by dipping bread into a milk-egg mixture, then frying it until golden brown on both sides. It's usually served with syrup, jam or powdered sugar. In Eng-

land, French toast is called "poor knights of Windsor." The French call it "pain perdu" (lost bread) because it is a way of reviving French bread, which becomes dry after only a day or two.

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DIRECTIONS:



1 Measure flour into a large mixing bowl. Slowly whisk in the milk. Whisk in the salt and pepper, eggs, cinnamon, nutmeg, vanilla extract and sugar until smooth.



2 Heat a lightly buttered griddle or frying pan over medium heat.



3 Soak bread slices in mixture until saturated.



4 Cook bread on each side until golden brown. Serve hot. Add maple syrup, sliced strawberries and powdered sugar to French toast slices.



5 Serve to Mom and enjoy!

Food Quote

"Always get married before lunch. That way, if it doesn't work out, you haven't wasted the whole day."

– **Mickey Rooney, who was married eight times**