

Kitchen Members:
Kitchen Number:
Class Period:

French Toast

_____ Supply table pick up person

Ingredients:

2 Eggs
1/3 Cup Milk
4 Slices of Bread
1 Tablespoon Sugar
Dash of Cinnamon

Directions:

_____ With a fork or wire whisk beat eggs in a pie pan or any flat bottom dish.

_____ Add milk, sugar, and cinnamon to the egg mixture and blend well.

_____ Dip each piece of bread into the egg mixture, first one side then the other. DO NOT SOAK BREAD. Dip in and out quickly.

_____ Using medium heat, preheat the griddle pan that has been sprayed with oil. (enough to coat the bottom)

_____ Place slices of egg coated bread on the preheated griddle pan and fry until golden brown, turning once.

Clean Up:

_____ Washes dishes

_____ Dries dishes

_____ Puts dishes away

_____ Wipes off counter tops and stove.

_____ Washes and dries out sink and throws laundry in basket

Lab Reflection:

1. What is the food item in this recipe that can make you sick if not prepared properly and what bacteria does it carry?
2. List 2 things you can do to make sure you do not get sick after preparing or eating this food product?
 - a.
 - b.