

How to Make a French Toast Sandwich



Step 1- Gather Ingredients and Tools. Before starting the food, utensils and ingredients need to be gathered. (Feeds 2 people)

Utensils

- Medium size bowl (for French toast mix, must be able to dip bread in it)
- Whisk or fork
- Spatula
- Skillet or griddle
- Measuring cups
- Cookie sheet pan
- Paper towels
- Bacon rack (optional)

Food

- Eggs
- Bread
- Butter
- Vanilla extract
- Protein (Ham, Bacon, Sausage, or etc.)
- Brown sugar
- Salt
- Nutmeg
- Milk
- Cinnamon
- Cheese (optional)
- Pepper
- Condiments as wanted (mayo, jelly, honey, etc.)



Step 2- Make the French Toast Mix. The mix will go on the bread to be fried in a skillet or on a griddle. During this step, preheat the oven to 350 degrees for cooking the protein in step 3.

Bread



1. Pick the type of bread you want to use
2. Take out 4 slices of bread and place them on a paper towel or plate.
 - This will be used later in step 5

Mix

3. Grab the medium size bowl then add in the bowl the following items:
 - 1/3 cup of milk, 1 teaspoon vanilla extract, 1/2 teaspoon cinnamon, 1/2 teaspoon nutmeg, 1 tablespoon brown sugar, 1 tablespoon white sugar, 1/4 teaspoon salt.
4. Mix well then taste and add 1/2 tablespoon of sugar, as needed, if you want a sweeter mix.
5. Once to taste add 1 egg, mix thoroughly.



Step 3- Choose a Protein. Depending on what you like you need to pick a protein. For the instructions we will use bacon. Add as much as you like.

Cooking

1. Preheat oven to 350 degrees if you didn't in the previous step.
2. Place 4-6 pieces of bacon on cookie sheet pan.
3. When oven is hot enough place cookie sheet with bacon in for 10-15 minutes.

Cooling



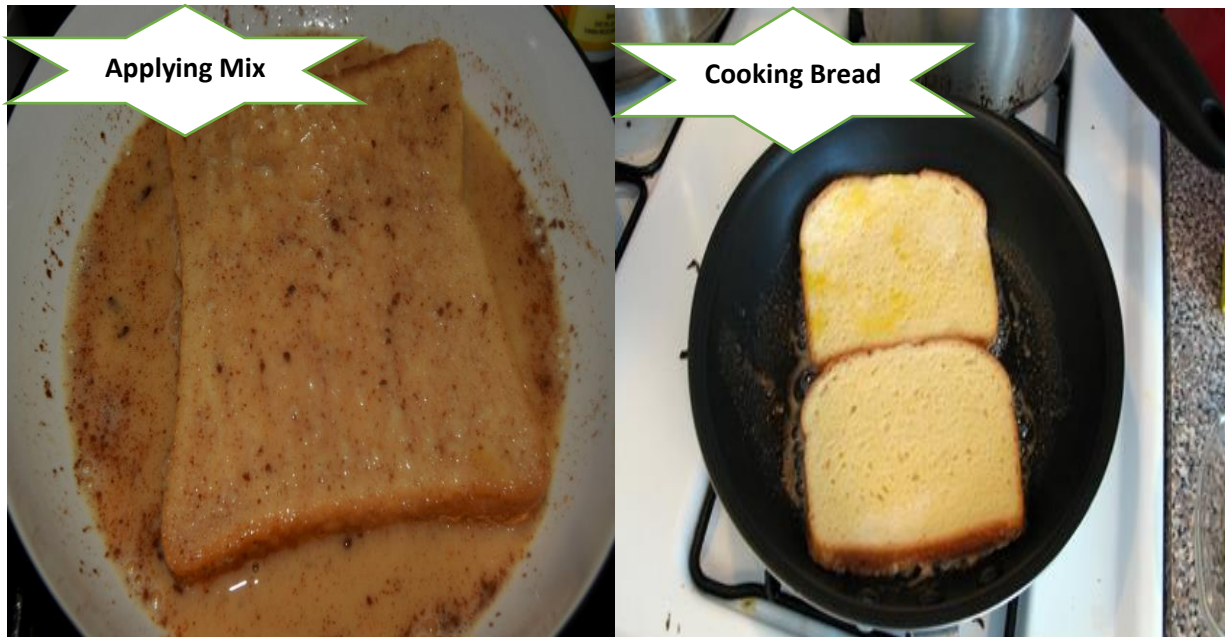
4. When bacon is ready take out of the oven.
5. Use a fork to place strips on 3 paper towels or a bacon rack to drain the oil.



Step 4- Cook the French Toast Part 1. This step takes about 3 minutes

Heating Pan

1. Place skillet on stove, turn stove on to medium or to an approximate 5 or 6 out of 10 (10 being the hottest).
2. Allow pan to heat up, you can check to see if pan is hot enough by adding a drop of water.
 - Once the water boils and disappears you know the pan is hot enough.
3. Place a little amount of butter in pan, allow it to melt.
 - Start applying the French Toast mix to bread while butter is melting



Step 5- Cook the French Toast Part 2

Applying Mix

4. In step 2, we made the mix if the contents have settled give a quick stir.
5. Place one slice of bread in the mix, make sure to flip, getting mix all over both sides.

Cooking Bread

6. Place bread in skillet on the melted butter, allow this side to cook for about a minute before flipping.
7. Allow the other side to cook for about a minute as well, then continue flipping and letting sides cook in 20 sec. intervals. Cook the bread to the color of your choice. (light brown to dark brown is the typical color).
 - Careful not to let pan get too hot as you continue cooking, it can cause pieces to burn.
 - Clean the pan between each set to prevent too much pan stickiness.

Cooling

8. When the bread is done place on a plate to cool.

Cooking Egg



Step 6- Cook the Egg. The best styles to cook the eggs is in a way where the whole thing is connected. Scrambled makes the sandwich harder to eat but you can make them this way if you want. For the instructions, eggs over hard will be instructed.

Heating the Pan

1. Place skillet on stove, turn stove on to medium high or to an approximate 7 out of 10, 10 being the hottest.
2. Allow pan to heat up, you can check to see if pan is hot enough by adding a drop of water.
 - Once the water boils and disappears you know the pan is hot enough.

Cooking the Egg(s)

3. Place butter in the pan and let it melt
4. When butter is melted crack 1 or 2 eggs into the pan (depends on how much you want on your sandwich).
5. Season the eggs with salt and pepper, you may judge the amount by sight or you can use a pinch of salt and 2 pinches of pepper.
6. Allow the egg to cook until the edges start to harden, then flip using spatula.
7. Cook sides until all parts are completely cooked. (Takes 2-3 minutes).



Step 7- Make the Sandwich. Now all the pieces to the sandwich are ready to be combined.

1. Start by placing both slices of bread on the plate side by side
2. Apply mayo, honey, jelly, or other condiments to the bread slices.
3. Place your protein of choice on one of the slices. (Break bacon in half and lay on bread.)
4. If you like cheese place on top of meat.
5. Next place the egg on the cheese or meat depending on your sandwich.
6. Place the other bread on top.

Enjoy your breakfast sandwich!