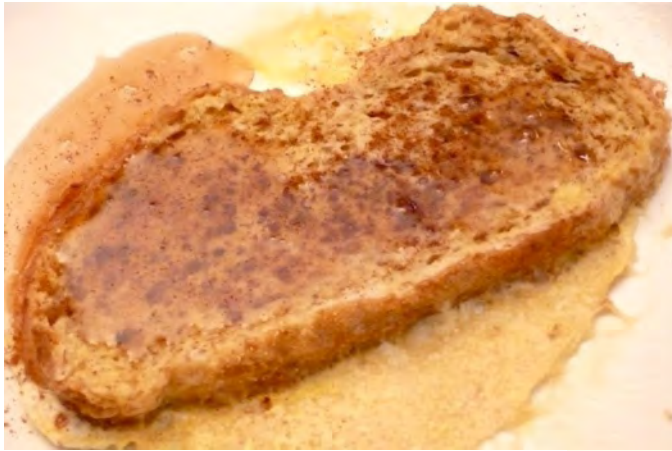


Microwave Oven Cooked French Toast Quick & Easy



Microwave French Toast
with Maple Syrup



Microwave French Toast
with Nut Butter & Jam

TIP: Although pan cooked French toast is crispier on the outside, using the microwave oven to cook French toast is quicker and easier than using a pan and also requires a minimal amount of cooking equipment and cleanup. It's a great way to make French toast when you're on the fly, have to get the kids out the door fast or just want to make your morning breakfast as quick and easy as possible - with no compromise on flavor.

Preparation Time: 4-6 minutes

Ingredients (per person)

Cooking Spray

1-2 Pieces of Bread (either sliced bread or whole loaf bread as pictured)

1 Egg

Milk

Dash of Salt (helps make eggs fluffy)

Vanilla Extract

Ground Cinnamon

Sugar

Maple Syrup (or other topping, like nut butter & your favorite jam)



Equipment

Microwave Oven Safe Plate

Fork

Teaspoon or Tablespoon

Table Knife (only needed for nut butter & jam topping)

Potholder or Dish Towel

Large Sharp Knife (only needed for unsliced loaf bread)

Cutting Board (only needed for unsliced loaf bread)



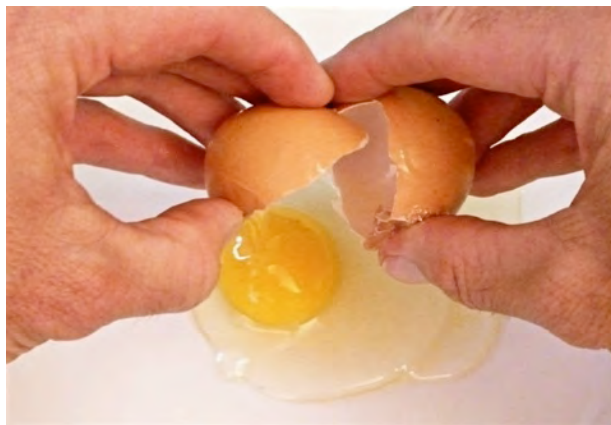
1. Spray a microwave safe plate with a light, even coat of **cooking spray**.



2. Break **1 egg** onto the plate by holding the **egg** snugly in your hand and tapping it just hard enough against a firm (preferably rounded) surface, like the plate edge as shown, to crack the eggshell.



Use your thumbs to push in the cracked area as shown and break the membrane. Then gently pull apart the shell to release the **egg white** and **yolk** onto the plate.



3. Add a **dash of salt**,...



...a **splash of milk** (about as shown),...



...and a **shot of vanilla extract**.



4. Stir everything on the plate vigorously with a fork...



...until all the **ingredients** are well mixed together as shown here.



5. Slice the **bread** as shown, if needed. Then...



...put the **bread** in the **egg mixture**,...



...turn the **bread** over so that both sides get wet, and...



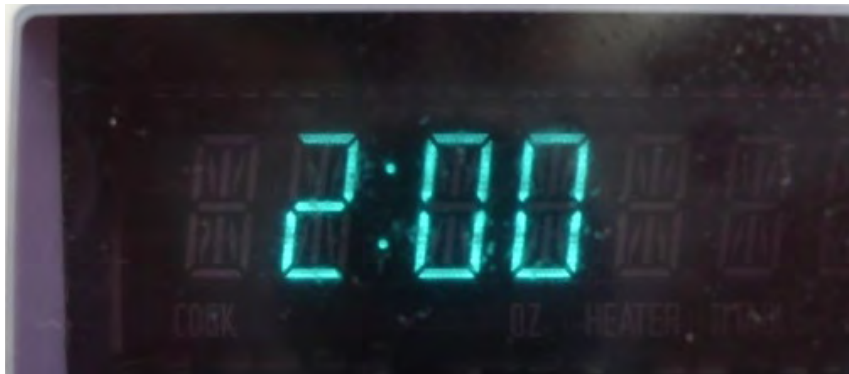
...let the **bread** soak for at least a minute or two.



6. Put the plate with the **egg-soaked bread** in the middle of the microwave oven, and...



...cook using HIGH heat for about 2 minutes. **NOTE:** *Cooking time will vary depending on bread type and thickness and microwave oven watt power. I used a 1200 watt microwave oven and cooked the piece of bread as shown for 2 minutes.*

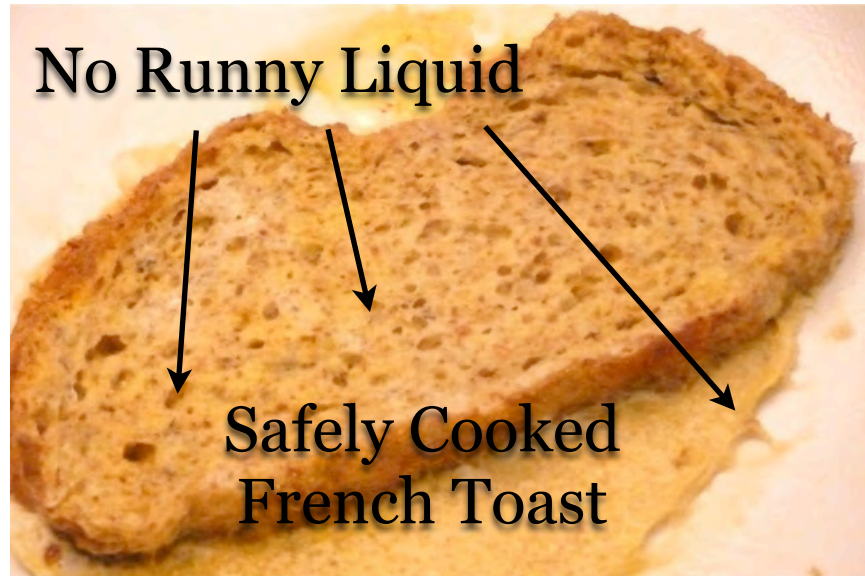


6. After cooking, remove the plate from the microwave oven with either a potholder or folded dish towel, and check the **French toast** for DONENESS as shown in the pictures that follow.

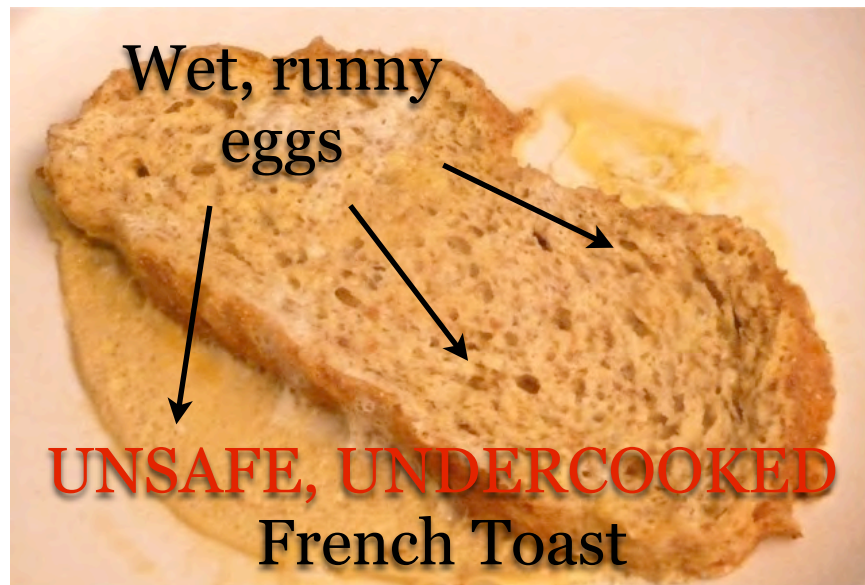


FRENCH TOAST DONENESS

French toast is safely cooked when the **eggs** are solid throughout with no runny liquid as shown here. If, however,...



...the **eggs** in your **French toast** are undercooked like this - still runny and wet,...



...keep cooking in the microwave oven and checking for doneness at 30 second intervals until the **eggs** look as shown in the “Safely Cooked French Toast” photo above.

7. Top the **freshly cooked French toast** with a **shake of ground cinnamon**,...



...a **dusting of sugar**, and serve warm with...



...either **maple syrup** or....



...nut butter and your favorite jam.



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