

French Toast Recipe

Ingredients

- Stale Bread
- 1 Cup Milk (buttermilk, whole milk, heavy cream, half and half or other milk)
- 1-2 TBSP. Ghee
- Room temperature eggs (1-2)
- 1-3 TBSP. Homemade butter
- 1 Tsp. Vanilla extract
- 1 Tsp. Cinnamon
- ½ Tsp. Cinnamon extract (optional)
- ¼ Tsp. Nutmeg
- ¼ Cup of 10X powder (optional)
- The best maple syrup



Preparations

- Cut the bread into medium to semi-thin slices if a bread loaf is being used
- Grate the nutmeg
- 1-2 room-temperature eggs or 1 duck egg
- (Optional) Half buttermilk
- Add raw milk
- Extracts-vanilla and cinnamon
- High-grade cinnamon (Saigon)
- Whip or beat very well until all the ingredients are frothy

French Toast Recipe Instructions

1. Make sure the griddle is very hot by way of a slow heat
2. Add Ghee to the griddle-smooth out to all the sides
3. Quickly dip each slice of bread in the French toast batter
4. Adjust the heat down-you don't want to burn the bread
5. Cook one side until lightly crispy and golden
6. Flip only once
7. Cook the other side until lightly crispy and golden in color
8. Remove from the griddle
9. Dust the tops of the French toast with 10x sugar
10. Add a side of butter, maple syrup, molasses, to warmed little bowls
11. Let extras air-dry before wrapping in wax paper to reheat later

Crispy French Toast Sticks for a Snack!

If you want to use any remaining bread to make plenty of French toast for later, simply use the original recipe with 2 eggs and a little extra milk and spices to taste.

French toast is not just for breakfast. The leftover French toast can be made into French toast sticks and heated in the air-fryer and even served as a snack any time of the day.

Sprinkle the sticks with 10x sugar and dip in warmed bowls of melted butter and hot syrup. Even try adding homemade jams and jellies on the sticks instead of syrup. I like to heat my jam to make it more liquidy, this makes it easier to dip each French toast stick.