

French Toast Charcuterie & Fondue Brunch

Kitchen # _____

- 6 slices of white or wheat bread
- 3 eggs
- 3 tablespoons milk
- 1 teaspoon vanilla extract
- 1 ½ teaspoon brown sugar
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1 tablespoon butter for frying
- strawberries and/or raspberries
- grapes
- bacon (one slice per person)

Day 1:

_____ Fry the bacon over medium heat until crisp. Drain on paper towels and pat grease off with paper towels. Wrap, label and refrigerate overnight.

_____ In a shallow pie plate with edges, mix the eggs, milk, vanilla extract, cinnamon, nutmeg, and sugar.

_____ Melt 1 tablespoon of butter on a large frying pan over medium heat. Dip the bread slices in the egg mix, coating each side. Fry in the butter until golden brown on each side, about 2-3 minutes. Place in a labeled ziploc bag and refrigerate.

_____ Rinse, dry, hull and slice the strawberries

_____ Rinse, pat dry and section grapes into small clusters. Place in a labeled ziploc bag and refrigerate.

_____ Wash dishes & empty sink drains

_____ Rinse, dry dishes & sink

_____ Put dishes away & place recipe in basket

_____ Wipe off counters, stove, microwave & tables

_____ Sweep floors & place dirty towels in the laundry basket

Day 2:

- 1 ½ cups chocolate chips
- bananas, sliced

_____ Preheat the oven to 350 degrees and place bacon on a pan. Cover with foil & reheat for 8-10 minutes.

_____ Heat up a skillet on medium heat and give it a quick coating with cooking spray. Place the cooked French toast slices on the pan and keep a close eye on them. Heat both sides until warm.

_____ Cut the french toast into strips and then into bite-size pieces.

_____ Melt the chocolate in the fondue pot over medium heat. Do not scorch.

_____ Peel and slice the banana(s) into chunks or thick slices.

_____ Assemble charcuterie board with french toast bites, bacon, fruit and the chocolate fondue in an aesthetically pleasing way and photograph it from several angles as part of your lab grade. Enjoy!

***Select a responsible person from your group to photograph, attach and submit in Google Classroom.

_____ Wash dishes & empty sink drains

_____ Rinse, dry dishes & sink

_____ Put dishes away & place recipe in basket

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Pre-Lab Questions

1. Which cooking method is being utilized when preparing the french toast and bacon on day one?
2. What does it mean to hull the strawberries?
3. What container do you mix the egg mixture for the french toast? Why do you think you use that type of container?
4. True or False: All grapes get removed from the stems.
5. Why do the bananas get cut on day two instead of day one?
6. If you wanted to cut them on day one, what would you need to do to them?
7. After reheating the french toast on day two, what do you need to do to it? Why?
8. What does the term “scorch” mean? Look it up if necessary.
9. What temperature should the chocolate be melted over?
10. What does the term “aesthetically pleasing” mean? Look it up if necessary.
11. What does “brunch” mean and when is it typically eaten (time-range)?