

LESSON 3: BAKED FRENCH TOAST

BANANA FRENCH TOAST

Serving Size: 12 servings, 1 per student

Ingredients:

- 12 pieces of wheat bread (NUT FREE)
- 1 1/2 cup of milk
- 3 bananas
- 1 tsp. vanilla extract
- 1 tsp. of cinnamon
- 12 foil muffin tins

PREP BEFORE CLASS:

Preheat oven to 350°F. Cut bananas into twelve pieces, leave peel on.

Directions:

1. Begin by passing a piece of wheat bread and banana to each student
2. Have students dice the bread into bite sized pieces. Demonstrate safe chopping technique.
3. Instruct students to peel and slice or dice bananas
4. Have student helpers take turn helping measure and add milk, vanilla, and cinnamon to a bowl and whisk to combine.
5. Instruct students to place diced bananas and bread into their individual muffin tin. Use hands to squish the two ingredients together, and add 1-2 tbsp. of milk mixture on top. Students will likely have extra ingredients.
6. Let sit for 1-2 minutes so milk can be absorbed by the bread.
7. Bake for 10-12 minutes. Watch oven, cooking time may vary.

DID YOU KNOW?

French toast is not really French. Romans invented the dish first!



DID YOU KNOW?

Berries are very low in sugar, which makes them a naturally sweet snack



BERRY WHIPPED CREAM

Serving Size: 12 servings

Ingredients:

- 1 cup of heavy whipping cream
- 1 cup frozen mixed berries
- 2 tbsp. sugar or honey
- 1 tsp. vanilla extract

PREP BEFORE CLASS:

Prepare the blender

Directions:

1. Add mixed berries in a bowl, and have students help mash using a fork. If the berries have too much liquid, drain the liquid first.
2. If too chunky, add to the blender and pulse until it has a paste consistency.
3. Have students help measure and add heavy whipping cream, sugar, and vanilla to the blender.
4. Whip until it has reached the consistency of whipped cream.
5. Instruct students to listen to the blender carefully because if you whip for too long, heavy whipping cream will turn into butter. It will change the sound once it starts getting too thick.
6. Add whipped cream to the bowl with 1 cup of mashed berries, and fold until combined.
7. Equally add a spoonful of whipped cream to each student's baked toast. Enjoy!

SHOPPING LIST

Ingredients to buy:

- 3 bananas
- 1 1/2 cup of milk
- 1 cup of heavy whipping cream
- 1 cup frozen mixed berries
- 12 pieces of wheat bread (NUT FREE)

Ingredients in the bin:

- vanilla
- sugar
- cinnamon
- honey

OBJECTIVES

- Identify at least three common spice blends
- Understand how vanilla can be used
- Explain how to whip cream.

VANILLA USES

- Baking: Vanilla extract is commonly used in baking cakes, cookies, pastries, and other sweet treats to add a rich and sweet flavor.
- Desserts: Vanilla is a staple flavor in ice cream, custards, puddings, and creamy desserts like panna cotta.
- Beverages: Vanilla is used in various beverages such as milkshakes, smoothies, coffee, and hot chocolate to enhance the flavor.
- Savory dishes: In some cuisines, a hint of vanilla is used in savory dishes like sauces, marinades, and glazes to add depth and complexity to the flavors.

INTRODUCTION

🕒 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies
- Ask the students to identify the ingredients from both recipes, guess what we are making and cuisine the recipes belong to.
- Today we are making Baked French Toast and Berry Whipped Cream. To make it taste delicious, we will be using spices. But not just one - we will be using a blend of multiple spices that will work together to enhance the flavor and make it delicious.

DEVELOPMENT

🕒 5-7 min

- Using spices in baking can take your treats from ordinary to extraordinary. Spices like cinnamon, nutmeg, ginger, and cloves add warmth and depth of flavor to baked goods. A sprinkle of cinnamon can transform a simple sugar cookie into a cozy autumn delight, while a pinch of nutmeg can elevate a classic banana bread to a whole new level. The aromatic blend of ginger and cloves can create the perfect gingerbread or spiced cake. Spices not only add delicious taste but also fill the air with enticing aromas as your goodies bake. So, don't be afraid to experiment with spices in your baking adventures and watch as your creations become even more irresistible!

COOKING PRO

Vanilla can help balance the sweetness in desserts. If you find a dessert too sweet, adding a small amount of vanilla extract can provide a subtle bitterness that offsets the sweetness and creates a more balanced taste.



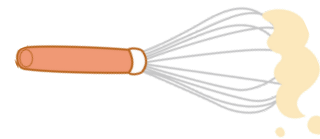
STAR INGREDIENT: VANILLA

Put a teaspoon of vanilla in a small plastic cup and pass it around. Have students smell it, what does it smell like? Learn more about vanilla:


- Vanilla comes from the beans of the vanilla orchid, a climbing vine native to Mexico and Central America.
- Vanilla is one of the most popular and widely used flavors in the world.
- The process of growing and cultivating vanilla beans is time-consuming and labor-intensive, making it one of the most expensive spices.
- Vanilla beans are hand-pollinated because they require a specific type of bee or hummingbird found only in their native regions to naturally pollinate.
- Vanilla extract is made by soaking the vanilla beans in alcohol, which extracts and concentrates the flavor.
- Natural mood enhancer: The scent of vanilla has been found to have a positive impact on mood and can help reduce anxiety and stress levels.
- Antioxidant properties: Vanilla contains antioxidants that help protect the body against damage caused by harmful free radicals.
- Soothing and comforting aroma: The aroma of vanilla has a calming effect and can create a cozy and comforting atmosphere.
- Anti-inflammatory effects: Vanilla has been shown to have anti-inflammatory properties, which can help reduce inflammation in the body.
- Aphrodisiac qualities: Vanilla has a reputation as an aphrodisiac, known for its enticing aroma and flavor that can stimulate the senses.
- Contains trace minerals: Vanilla beans contain small amounts of essential minerals like calcium, magnesium, and potassium.
- Enhances flavor in recipes: Vanilla adds a rich and sweet flavor to a variety of dishes, including baked goods, desserts, beverages, and even savory dishes like sauces and marinades.

STAR TECHNIQUE: WHIPPING

- Whipped cream is a delicious addition to many desserts.
- Whip cream slowly and in a controlled way.
- Don't over- whip it – once it just reaches stiff peaks, then stop. Over-whipped cream will first turn grainy and then to butter.
- Cream will roughly double in size when whipped.
- Cream whipped in a food processor with a blade won't be as light and fluffy as cream that is whisked. The cream will be thicker, so if you want to cover a cake with cream, use this method.



END OF CLASS CHECKLIST

 10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal