

# "Pain Perdu" Thankful French Toast Sticks + Shaker-Jar Whipped Cream + Sticky Figgy Orange Syrup



## "pain perdu" thankful french toast sticks

### crack+measure+whisk

Have kids crack **4 large eggs** into a bowl. Then measure and add **2 tsp pumpkin pie spice**, **¼ C heavy whipping cream**, **1 T powdered sugar**, and **a pinch of salt**. Whisk together. In another bowl, measure and whisk together **1 T powdered sugar** and **1½ tsp ground cinnamon**.

### cut+coat

Now have kids cut **8 slices of whole wheat bread** into ½-inch sticks. Have kids dip each bread stick into the egg mixture, on both sides, until well coated. Shake off the excess.

### heat+swirl+fry

Heat a nonstick skillet on your stovetop over medium heat, about 3 minutes. Add **3 T butter** and swirl to coat the pan. Fry the bread about 2-3 minutes on each side, until puffed and golden-brown. Let cool to the side for a bit and then top with a dollop of **Shaker-Jar Whipped Cream** and **Sticky Figgy Orange Syrup** (see recipes below).

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## shaker-jar whipped cream

### zest+measure+shake

Zest the very outer peel of **1 orange**. Measure and pour **¾ C heavy whipping cream** into a glass or plastic container with tight-fitting lid. Measure and add **1 T sugar**, a **pinch of salt** and the orange zest to the jar. Cover the jar and shake until cream thickens and you hear a faint “sloosh.” You’ll know the cream is ready when it isn’t runny anymore and needs to be spooned out of the jar.

## sticky figgy orange syrup

### peel+chop+juice

Peel and chop the orange you zested for the Whipped Cream. Chop 3 dried figs. Set chopped fruit aside. Then squeeze the juice from **2 large oranges** into a bowl.

### add+simmer+reduce

To a small skillet, add **¼ C sugar**, chopped figs, and orange juice. Bring to a simmer and stir until sugar is dissolved and syrup is reduced and slightly sticky. Turn off the heat and stir in chopped oranges.

## bubbly orange syrup

### squeeze+add+stir

Squeeze the juice from **2 oranges** into a pitcher. Add **¼ C sugar** and stir until sugar dissolves. Stir in **3 C sparkling water** and **1 C ice**, then pour into cups and CHEERS!

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## shopping list

### Pain Perdu Thankful French Toast Sticks

- 4 large eggs
- 8 slices whole wheat bread
- ¼ C heavy whipping cream
- 1 T powdered sugar
- pinch salt
- 2 tsp pumpkin pie spice
- 3 T butter

### Shaker-Jar Whipped Cream

- ¾ C heavy whipping cream
- 1 T sugar
- Zest of 1 orange
- pinch of salt

### Bubbly Orange Soda

- 2 large oranges
- ¼ C sugar
- 3 C sparkling water
- 1 C ice

### Sticky Figgy Orange Syrup

- 3 large oranges
- 3 dried figs
- ¼ C sugar

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## The History of French Toast

**Bread has been a staple food for most cultures since food first began being prepared and, up until very recently, the vast majority of humans would have never dreamed of wasting any food.**

Soaking bread in milk and egg and then cooking it, seems logical enough, making a good tasty meal while not wasting any bread! Day old bread is actually recommended by chefs for making french toast because the stale bread will soak up more egg mixture without falling apart.

**The popular history behind French toast, (aka German toast, American toast, or Spanish toast) is that it was created by medieval European cooks** who needed to use every bit of food they could find to feed their families. They knew old, stale bread could be revived when moistened and heated. Cooks would have added eggs for additional moisture and protein.

**Other names for French toast around the globe include:** Eggy Bread, Gypsy Toast, Poor Knights of Windsor (Britain); Rabanada (Portugal and Brazil); Torrijas (Spain); Bombay Toast (Sri Lanka and Burma); and Mozzarella in Carrozza (Italy).

## The Surprise Ingredient of the Week is: Orange!

- ★ **Oranges have been grown since ancient times and originated in Southeast Asia.**
- ★ **Oranges are actually modified berries, containing volatile oil glands in pits.** The pulpy mass is made up of carpels, that have many fluid-filled vesicles, which are nothing but specialized hair cells (how strange is that?).
- ★ **The orange is a citrus fruit and is a hybrid of the pomelo and mandarin**
- ★ **As of 2017, Brazil grows 24% of all the world's oranges, which China and India following.**
- ★ **California and Florida are large producers of oranges in the US**
- ★ **Around 85% of all oranges produced are used for juice.**
- ★ **It is possible for more than one tree to grow from a single seed of orange.**
- ★ **Orange peel can be used by gardeners to sprinkle over vegetables as a slug repellent!**
- ★ **The rind of an orange has the most Vitamin C in the whole fruit.** Eating foods rich in vitamin C helps the body develop resistance against infections and scavenge harmful, pro-inflammatory free radicals from the blood.

### Time for a laugh!

**Why did the orange stop at the top of the hill?** Because it ran out of juice!

**How does a ghost eat French toast?** By goblin it!

**Why do oranges wear suntan lotion?** Because they peel.

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