Comforting French Toast - a Bread and Butter Concoction by Treeves

Article published on January 18th 2012 | Food

French toast is the popular breakfast food consumed all over America. It's one of the kid's favorite foods, who long to guzzle this famous meal any time of the day. This comforting food, born out of innovations by cooks during the rough times of history has created a wave, turning out to be an enduring favorite among most of the people. The smashing French toast is made out of the basic resources available in the kitchen that can be dished out in matter of minutes. This lovely fried-food is a concoction of bread-butter-eggs, a traditional recipe. It's believed that long before, in the medieval times, people prepared several versions of this dish and enjoyed with their family. There is a misconception of the toast being originated in France, because of its name but it just pure fiction as there is no record. Though some speculate the existence of this tasty meal before the medieval ages, the origin of the French toast still remains unknown or in which era it first appeared.

Many still ponder how this morning treat got into existence. But, the sumptuous crunchy toast makes you forget all the history and simply entices you to delve into the delightful world of this tasty morning meal. It was also believed that French toast was a common man's food, mostly relished by the working class, while tasty rich foods like desserts were reserved only for the wealthy, the lower working class and the knights enjoyed bread toast which relates to the present French toast. This delicious food, from then has been passed down through generations and has been a family secret recipe in many households. The modern world, for sure has given a different twist to this ancient recipe and you can find a surprising variety of methods to prepare this simple dish.

French toast is known as Pain Perdue by Cajuns, and is recognized by different names all over the world like eggy bread in Britain, Poor Knights or Ameritte in Germany, rabanadas in Portugal, American toast in America, Spanish toast and Easter toast in Spain. This popular dish in the European countries made its way to United States through French colonies in Canada and became an instant hit throughout North America. The toast was usually made out of the stale bread, mainly from day-old baguettes. The recipe for French toast differs from cultures to countries, with each one of them having their own popular versions but in the end, all relates to the basic recipe of bread soaked in an egg batter and cooked on a griddle. In most cultures, it's a meal savored only during Christmas time. Some serve it as a sweet dish like with powdered sugar and syrup, while others serve it as a savory dish with accompaniments like cheese and tomatoes instead of syrup. This hearty meal is eaten for breakfast or can be served as brunch, making it a comfort food to be savored any time of the day.

There are probably hundreds of recipes to cook a delicious French toast. But is it is often best to start with the basic recipe if you are preparing it for the first time and later pep it up with variations. I often try out different methods like adding fruit and nut toppings or making a stuffed toast and keep posting the new variations on my blog whenever I'm online connected by my Verizon FiOS Internet. The basic recipe of French toast to serve two people includes 4 slices of bread, 4 eggs, little milk and butter and a pinch of salt. Remember to add eggs according to the number of toast you'd like to prepare. Make a mixture of eggs and milk, dip the bread in the mix, add a big tab of butter on a hot griddle and fry the toast till brown on both the sides. Serve with powdered sugar and syrup. Enjoy your French toast!

Article Source:
http://www.articleside.com/food-articles/comforting-french-toast-a-bread-and-butter-concoction.htm - Article Side

Treeves - About Author:
Tina is a food fanatic who likes to try different variations of French toast in her kitchen. She shares the recipes with her friends and blog about new recipes on her computer connected by a Verizon FiOS Internet.

Article Keywords:
Verizon Fios internet, fios Internet, French Toast

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!