



Greenmarket Recipe Series

APPLE CIDER FRENCH TOAST

Makes 8 pieces

Ingredients:

- * 6 eggs
- * 1/2 cup apple cider
- * 1/4 cup milk
- 1/2 teaspoon vanilla
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cinnamon
- * 8 slices day-old bread

Possible toppings:

- * Sautéed apples
- * Market fruit jam or applesauce
- * Maple Syrup
- * Honey
- * Butter

** Ingredients available seasonally at your neighborhood Greenmarket*

Instructions:

1. In medium bowl, beat together eggs, cider, milk, vanilla and spices.
2. Place butter or oil – enough to coat – in a nonstick pan or skillet over medium heat.
3. Place the bread slices, one at a time, into the bowl, letting slices soak up egg mixture for a few seconds, then carefully turn to coat the other side.
4. Transfer bread slices to griddle or skillet, heating slowly until bottom is golden brown. Turn and brown the other side.
5. Serve with your favorite toppings: sautéed apples, market fruit jam, butter, maple, honey, sorghum...

To Sauté Apples:

Slice a few firm cooking apples – (ask your farmer what's best or try McIntosh, Jonathan, Ida Red, or Granny Smith apples). Melt butter or oil over medium heat (you can do this before making the French toast and use the same pan) and place apples in pan. Cook, turning occasionally, until brown and soft, about 5 minutes.

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. As a non-profit, donations from supporters like you are vital to our continued success.

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