

THE UN-COOKBOOK

OF

OUR FINAL
FREEZER



GF AND DF
FRENCH TOAST

IT SOUNDS IMPOSSIBLE. FRENCH TOAST. WITHOUT GLUTEN. WITHOUT DAIRY. BUT, LUCKY FOR YOU, IT'S NOT.

WE'VE TRIED A LOT OF DIFFERENT METHODS FOR COOKING, BUT ULTIMATELY, WE LIKE USING THE CAST IRON SKILLET THE BEST.

CRISPY EDGES THAT STAY CRISPY EVEN AFTER REFRIGERATION. MAKES FOR A GREAT BREAKFAST OR SNACK TO SEND TO SCHOOL WITH KIDS.

EQUIPMENT YOU'LL NEED

- ___ CUTTING BOARD
- ___ KNIFE
- ___ MEASURING CUPS AND SPOONS
- ___ MEDIUM-LARGE MIXING BOWL
- ___ LARGE SPOON AND FORK
- ___ NUTMEG GRATER
- ___ JELLY ROLL PAN
- ___ WIRE RACK THAT FITS INTO PAN
- ___ 12" CAST IRON SKILLET

INGREDIENTS YOU'LL NEED

- ___ 2 18-OZ LOAVES OF GF DF BREAD:
1 CINNAMON RAISIN AND 1 WHITE/
WHEAT. (WE LIKE CANYON BAKE-
HOUSE.)
- ___ 12 EGGS
- ___ 1/2-1 WHOLE PIECE OF NUTMEG
- ___ 4 TB MAPLE SYRUP
- ___ 3 CUPS OF SOY MILK (OR OTHER
MILK ALTERNATIVE.)
- ___) NON-DAIRY BUTTER SUBSTITUTE (WE
LIKE EARTH BALANCE.)

YIELD

YIELDS 12 SERVINGS.

WHAT YOU'LL NEED TO DO

- 1 PREHEAT THE OVEN TO 300 DEGREES.
- 2 CUT THE BREAD INTO 3/4" CUBES.
- 3 BAKE THE BREAD FOR 25 MINUTES AT 300 DEGREES.
- 4 MIX THE EGGS, NUTMEG, AND SYRUP IN A BOWL.
- 5 MIX THE SOY MILK WITH THE EGG MIXTURE.
- 6 ROTATE THE PANS OF BREAD IN THE OVEN, MOVING THE BOTTOM PAN TO THE TOP RACK AND THE TOP PAN TO THE BOTTOM RACK. BAKE FOR ANOTHER 20 MINUTES.
- 7 AFTER 20 MINUTES (ABOUT 45 MINUTES TOTAL), CHECK THE BREAD. THE EDGES SHOULD BE BROWN AND THE BREAD SHOULD BE COMPLETELY DRIED.



8 TAKE THE BREAD OUT AND TURN THE OVEN TO 375 DEGREES. PLACE THE CAST IRON SKILLET ON THE TOP RACK. THE SKILLET NEEDS TO BE WARMED FOR AT LEAST 30 MINUTES.

9 ADD THE DRY BREAD CUBES TO THE LIQUID MIXTURE. USE A SPOON TO COAT THE BREAD EVENLY.

10 ALLOW THE MIXTURE TO REST FOR 15 MINUTES.

11 MIX THE BREAD AND LIQUID AGAIN.

WHAT YOU'LL NEED TO DO

BEFORE

12 ALLOW THE MIXTURE TO REST FOR ANOTHER 15 MINUTES. (30 MINUTES TOTAL SO FAR).

13 AFTER 10 MINUTES INTO THE SECOND PERIOD OF RESTING, ADD 4-5 TB OF BUTTER TO THE CAST IRON SKILLET IN THE OVEN.

14 MIX THE BREAD AND LIQUID FOR A THIRD TIME. AT THIS POINT, THE BREAD SHOULD HAVE COMPLETELY ABSORBED THE LIQUID.

15 CAREFULLY ADD THE BREAD MIXTURE TO THE CAST IRON SKILLET IN THE OVEN.

16 BAKE AT 375 DEGREES FOR ABOUT 45 MINUTES UNTIL THE TOP IS CRISPY. CHECK THE INTERNAL TEMPERATURE. IT SHOULD BE AT LEAST 180 DEGREES.

17 SERVE IMMEDIATELY.



AFTER

