COOKING CLASSES

AT SUR LA TABLE

KIDS COOK: FRENCH TOAST BREAKFAST

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Produce

- ☐ 1 cup fresh or frozen fruit such as blueberries, raspberries, bananas or peaches for the French toast casserole
- ☐ 2 1/2 cups fresh or frozen fruit for the smoothies

Dairy/Refrigerated

- ☐ Butter (for coating the baking dish)
- ☐ 1 pound cream cheese
- ☐ 12 eggs
- ☐ 1/2 cup vanilla yogurt (dairy or non-dairy)
- ☐ 3 cups milk (choose from whole milk, almond, coconut, rice or soy)

Pantry Items

- ☐ 1/2 cup plus more for serving maple syrup
- ☐ Kosher or sea salt
- ☐ Honey

Other

- ☐ 1 loaf or 12 thick-cut slices of bread (such as Texas toast, brioche or thick cut sandwich bread)

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- ☐ Knife that an adult is comfortable with a child using
- ☐ Cutting board

Hand Tools/Gadgets

- ☐ Measuring cups and spoons
- ☐ Mixing bowls (various sizes)
- ☐ Whisk
- ☐ Oven mitts
- ☐ Kitchen timer
- ☐ Spatula

Appliances

- ☐ Blender

Bakeware

- ☐ 9 x 13-inch baking dish with a lid (lid is optional)

Tabletop

- ☐ Plates and forks for French toast casserole
- ☐ Drinking glasses for the smoothie
- ☐ Straws

Other

- ☐ Aluminum foil if the baking dish does not have a lid

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

All Recipes

1. Wash all the fresh produce.
2. Wash your hands well before class.
3. Remove cream cheese from the refrigerator 30 minutes before class.
4. These recipes are tailored for children to do most, if not all, of the work.
5. For any knife work, parents need to provide children with an appropriate knife.
6. For any work in and out of the oven, parents need to determine if children need assistance.

FRENCH TOAST CASSEROLE WITH FRUIT

Yield: *8 servings*

This can be assembled up to 12 hours in advance before baking.

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Butter or cooking spray to coat baking dish
12 slices white bread, such as Texas toast, brioche, or thick-cut sandwich bread
1 pound cream cheese, room temperature
1 cup fresh or frozen fruit, such as blueberries, bananas, peaches, or raspberries, cut into bite-sized pieces.
12 eggs
2 cups milk (choose from whole milk, almond, coconut, rice, or soy)
1/2 cup maple syrup, plus more for serving
1/2 teaspoon fine kosher salt

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Preheat oven to 375°F. Generously coat a 9 x 13-inch baking dish with butter or cooking spray, set aside.

1. ***To prepare the bread****:* Using your clean hands, tear or cut bread into large bite-sized pieces. Place half of the torn bread pieces into the prepared baking dish.

2. ***To assemble the casserole***: Pinch off grape-sized pieces of cream cheese and place them evenly on top of the bread. Sprinkle fruit over top of bread and cream cheese. Top with remaining bread pieces, set aside.

3. To a large mixing bowl, add eggs and whisk to scramble. Add the milk, 1/2 cup of syrup and salt. Whisk to combine until the mixture is all one color. Carefully pour the egg mixture over the bread. Using clean hands, gently press the bread into the egg mixture to help it absorb. Set aside and wash your hands.

4. ***To bake:*** Cover the baking dish with a lid, or aluminum foil and carefully place the baking dish into the oven. Bake for 25 minutes, then carefully uncover, and bake for another 25 minutes, or until the top has puffed and is golden brown and crispy. Remove from the oven and cool for at least 10 minutes before serving.

5. ***To serve:*** Scoop a big spoonful onto a plate or bowl and serve with syrup on the side.

Notes:

- Adults, this recipe is meant for the child to be able to do most of the work but please be close by to help with the oven and if they are using a knife.
- Leftovers can be reheated in the microwave or in the oven.

FRUIT SMOOTHIE

Yield: *4 servings*

This recipe works with any fruits or berries such as peaches, strawberries and blueberries. Try a combination of your favorite fruits and berries.

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2 1/2 cups chopped fruit
1/2 cup vanilla whole-milk Greek yogurt
1 cup milk, (choose from whole milk, almond, coconut, rice, or soy) plus more as needed
1 tablespoon honey, plus more to taste
1 cup ice

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1. To a blender pitcher, add all the ingredients and secure the lid. Turn blender on at a low speed, then slowly increase the speed to high. If the mixture is too thick to blend, turn off the blender, remove the pitcher from the base and using a spatula, scrape the sides and add 2 tablespoons of milk or water. Place the pitcher back on the base and turn the blender on low and continue to blend until smooth.

2. ***To serve:*** Turn off the blender and remove the blender pitcher from the base. Using a clean spoon, taste and adjust with honey for sweetness. Pour smoothies into tall glasses and serve immediately.

Recipe variations:

- For a fruitier flavor, swap ice for frozen fruit.