



VIRTUAL EVENT

FILENE'S ANNUAL MEMBER APPRECIATION EVENT

Filene
Research
Institute

ARE YOU SWEET OR SAVORY?

Here are some recipes to try for an innovative twist on a brunch classic!

SWEET APPLE CINNAMON FRENCH TOAST

15 MINUTES | SERVES 2

@RECIPETINEATS

CINNAMON APPLES

- 2 SMALL RED APPLES, OR 1 LARGE RED APPLE
- 1/4 CUP WHITE SUGAR
- 1/4 TSP CINNAMON
- 1 1/2 TBSP BUTTER
- 2 TBSP WATER

FRENCH TOAST

- 4 SLICES WHITE BREAD, PREFERABLY SLIGHTLY STALE
- 2 EGGS
- 1/4 CUP MILK
- 2 TBSP BUTTER
- 1 PINCH SALT

1. Put the sugar, butter and cinnamon in a small saucepan over medium high heat.
2. Cut the apple into 1/4" thick wedges, leaving the skin on.
3. Add apples and water to the saucepan—it doesn't matter if the butter/sugar hasn't completely melted yet.
4. Stir periodically and let it simmer until the apples have slightly softened and the syrup turns into a maple syrup consistency. Remove from heat and set aside.
5. While the sauce is simmering, whisk together the egg, milk, butter and salt into a bowl.
6. Melt half the butter in a large pan over medium high heat (or all if you are cooking them in a large pan that will fit all 4 pieces of bread).
7. Submerge each bread into the mixture, then remove, allowing the excess egg to drip off, so it's just coated.
8. Place in pan and cook until golden brown on each side—about 1 1/2 minutes.
9. To serve, place french toast on a plate and top with the apple mixture, spooning over the syrup.

SAVORY FRENCH TOAST GRILLED CHEESE

25 MINUTES | SERVES 5

@KIRBIECRAVINGS

- 10 THICK SLICES OF CHALLAH BREAD
- 3/4 CUP HEAVY CREAM
- 1/4 CUP MILK
- 3 LARGE EGGS
- 2 TBSP HONEY
- 5 CHEESE SLICES OF YOUR CHOICE
- 10 SLICES OF BACON
- MAPLE SYRUP FOR SERVING

1. Cook the bacon and set aside.
2. In a small bowl, mix heavy cream, milk, eggs, and honey. Whisk until smooth.
3. Preheat pan or griddle on the stove, spraying with a little oil or butter before starting. Once your pan is heated, working in batches, dip slices of bread into egg mixture until completely covered and then place onto pan.
4. Cook for a few minutes on each side, until egg mixture, is completely cooked and both sides are a light brown. Set the finished french toast aside and repeat with the remaining toast.
5. When you are finished making the french toast, put two slices back into the pan. Add a slice of cheese and two strips of bacon to one piece of toast and put another piece of toast on top, forming a sandwich.
6. Heat both sides until cheese becomes melted; pressing down slightly on the bread while cooking will help the heat transfer to the cheese. Repeat with remaining sandwiches.
7. Serve immediately with a side of syrup.

Share your creations and if you're SWEET or SAVORY with us!

#FileneGoesVirtual #FileneFrenchToast