

Cookbook

# French Recipes

Delicious and Healthy Recipes  
You Can Quickly & Easily Cook



Heviz's

# **French Recipes: Delicious and Healthy Recipes You Can Quickly & Easily Cook**

## **By Heviz's**

All ideas, suggestions and guides written here are only for informative purposes. While Author has taken steps to prepare information contained here with great accuracy, all readers need to use them at their own risk

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# Introduction

*I want to thank you and congratulate you for buying this book, this book- how do you start on this book. This is the question that most people have. The greatest challenge is not usually the zeal and the motivation to start on this books but rather how to get easy and delicious recipes to get started on those books. We have been made to believe that you have not eaten any meal unless you have some grains. However do you know that some of these grains are the reason for all the problems that we are currently facing like besity. This books has amazing recipes to get you started on your journey to eating like caveman; I have compiled breakfast, lunch, dinner and dessert recipes with this books be rest assured that you will have no problem starting this book recipes. As the books recipes are simple, easy to make and delicious. Thanks again for downloading this books, I hope you enjoy it.*

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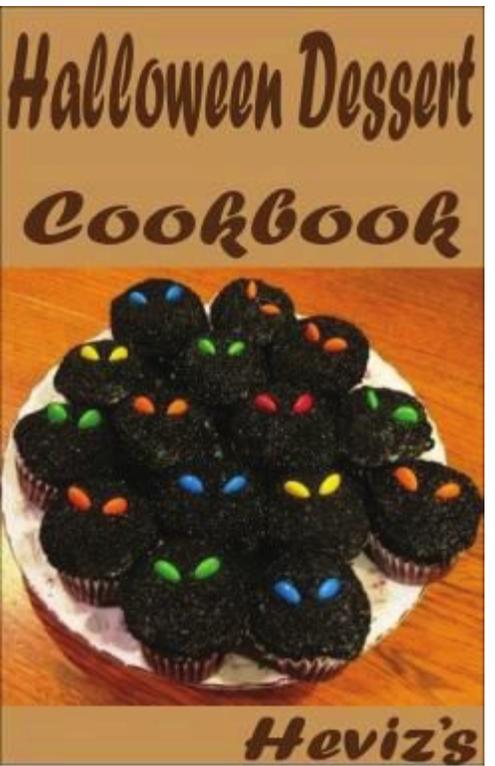
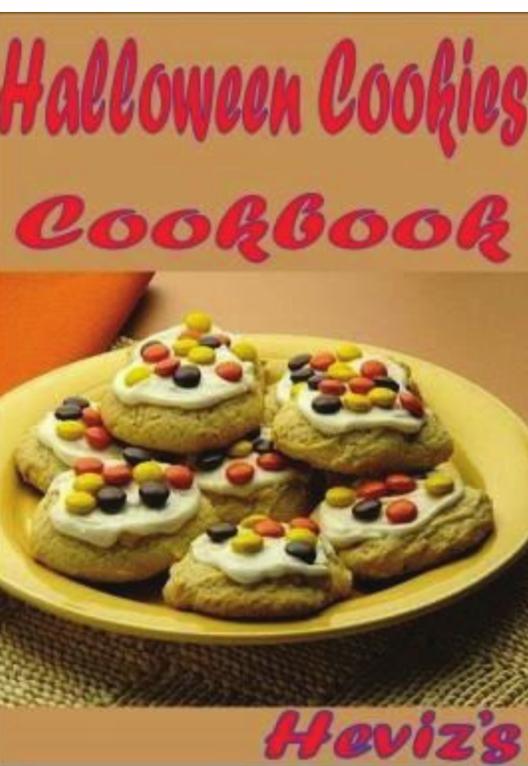
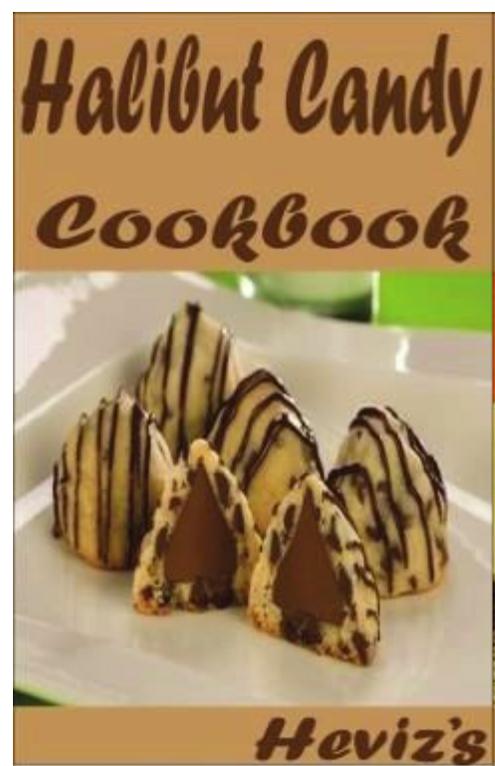
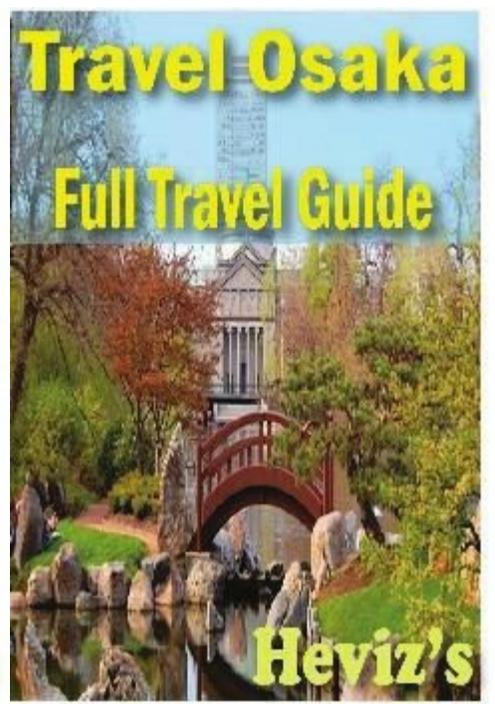
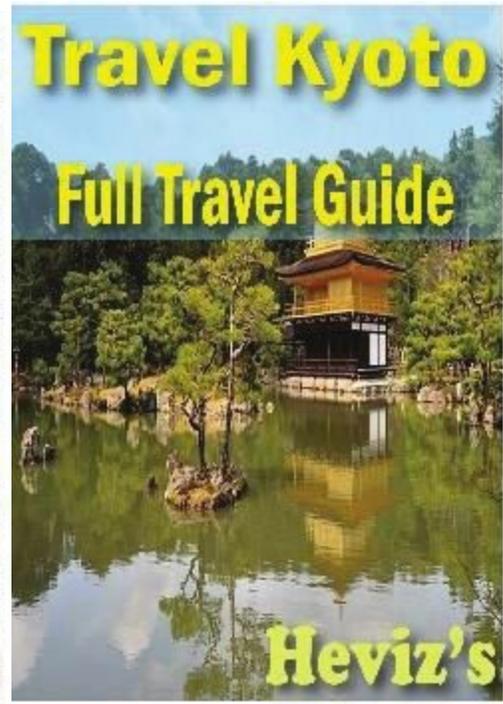
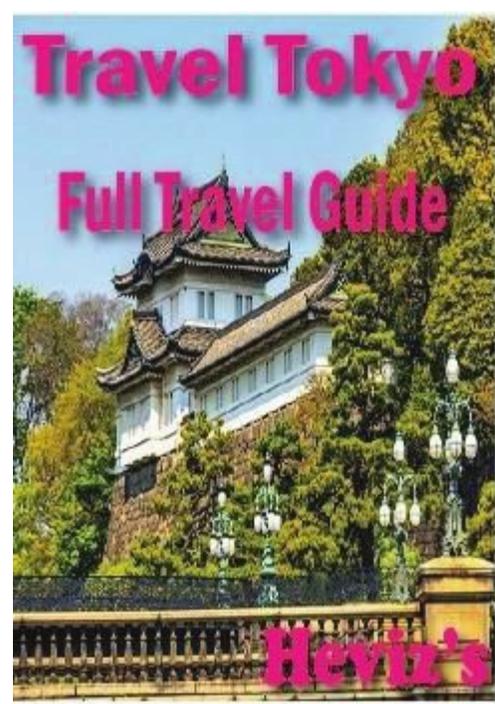
**Caramelized French Toast French Apple Yogurt**

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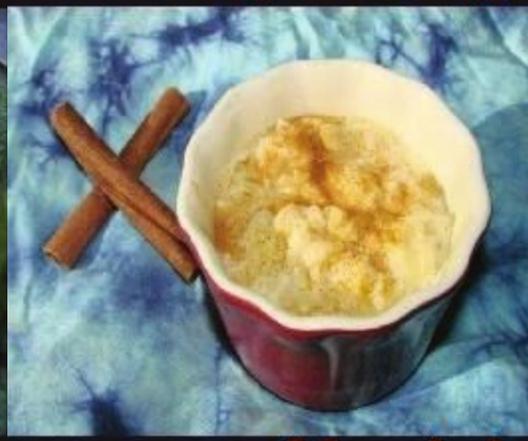


# Healthy Special Heart Healthy Cookbook Cookbook

# Cantaloupe Recipes Most Amazing Cantaloupe Recipes Ever Offered Cookbook



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I Hope you enjoyed this ebook; if you learned a few things and found it interesting, I would be very grateful, if you would consider leaving me a review with a few kind words, so that we could deliver better quality ebooks in the future

# PS: May I Ask Special Favour

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# French Dip-Crock Pot Recipe



## Ingredients

- 1 (5 lb) rump roast
- 1 tablespoon garlic powder
- 1 tablespoon black pepper (start with 1 tsp)
- 1 teaspoon seasoning salt
- 1 teaspoon oregano
- ½ teaspoon rosemary
- 2 instant Oxo or 2 bouillon cubes
- 2 (14 ounce) cans beef broth
- 1 large onion, diced

## Directions

1. Place all ingredients in a crock pot.
2. Cook on High for 5-6 hours or Low for 8-10.
3. Remove the meat from the crock pot and place on a deep plate-to collect juices.
4. Strain the broth well so that it is clear and no spices or onions remain.
5. Place in a saucepan and keep warm.
6. Most people prefer to keep the broth as is but you can stir in a small amount of cornstarch mixed with cold water to thicken it up just a touch.
7. (Remember to add the juices that drain off the meat).
8. Heat Hoagie buns to warm and slice the meat thin.
9. Place a good amount of sliced meat in each of the buns and offer the Aus Jus in individual ramekins.

# Style French Toast



## Ingredients

4 eggs  
 $\frac{2}{3}$  cup whole milk  
 $\frac{1}{3}$  cup flour  
 $\frac{1}{3}$  cup sugar  
 $\frac{1}{2}$  teaspoon vanilla  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon cinnamon  
6 slices Texas toast thick bread  
3 tablespoons butter  
powdered sugar  
butter  
syrup

## Directions

1. Mix together the eggs, milk, flour, sugar, vanilla, salt & cinnamon.
2. Heat a large skillet, or griddle.
3. When the skillet is hot, add 1 tablespoon butter. 4. If the butter smokes, your pan is too hot; turn down the heat.
5. Dip each slice of bread into the batter for 30 seconds on each side.

6. Let some of the batter drip off, then put in skillet. 7. Cook each slice 1 1/2-2 minutes per side until each side is golden brown.

8. Add more butter, if necessary, to cook all of the slices. 9. To serve, put on plate, dust with powdered sugar. Serve with butter & hot syrup.

# Basic Machine French Bread



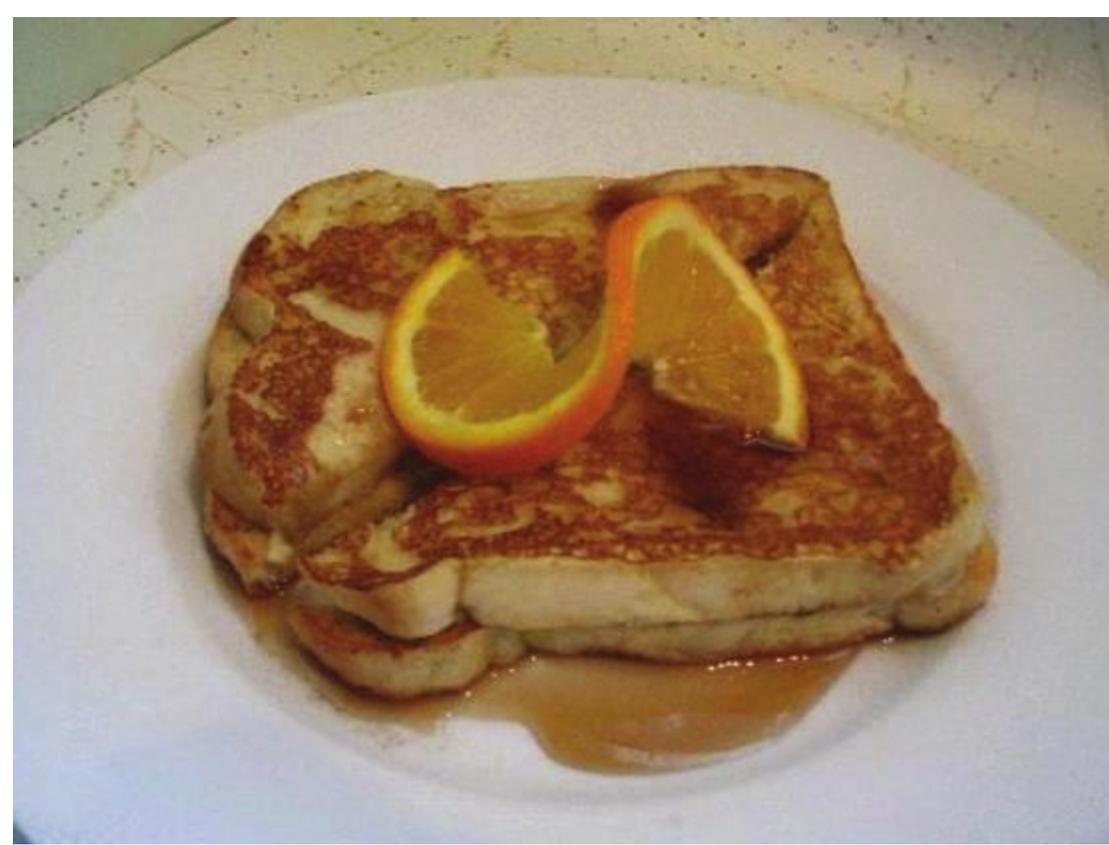
## Ingredients

- 1 ½ cups water, at about 105 degrees
- 4 cups flour (a flour with at 4 grams protein per serving is best)
- 1 ½ teaspoons salt (I use kosher)
- 2 ½ teaspoons dry yeast

## Directions

1. Add to the bread pan in the order yours needs.
2. For mine it is water first.
3. Then I add half the flour and the salt followed by the rest of the flour and the yeast on top.
4. This will run well on the normal, rapid, and delay start cycles.

# French Toast



## Ingredients

- 8 slices homemade-type bread
- 4 eggs
- 1 cup milk
- 2 tablespoons orange juice
- 1 tablespoon sugar
- $\frac{1}{2}$  teaspoon vanilla extract
- $\frac{1}{4}$  teaspoon salt
- 4 tablespoons butter

## Directions

1. Beat eggs with milk.
2. Stir in sugar, vanilla, orange juice, and salt until well combined.
3. Heat about 2 tsp. of butter in a skillet on medium-high heat.
4. Dip bread in egg mixture and lay in butter. (not you-the bread!).
5. Reduce heat to medium and cook bread a few minutes on each side until golden brown.
6. (My pan holds 2 pieces at a time.) Repeat with remaining bread, adding more butter to skillet, as needed.

# Crusty French Bread



## Ingredients

- 2 cups warm water
- 1 tablespoon yeast
- 1 tablespoon vegetable oil
- 1 tablespoon sugar
- 2 teaspoons salt
- 5 -5½ cups bread flour

## Directions

1. Dissolve yeast in warm water (110 degrees) and sugar in large bowl; allow yeast to proof or foam (about 10 minutes).
2. Add salt, oil, and 3 cups flour; beat for 2 minutes.
3. Stir in 2 cups flour to make a stiff dough.
4. Knead until smooth and elastic, about 10 minutes.
5. Place in oiled bowl, turn dough to coat all sides, cover and let rise until doubled.
6. Punch down and divide in half.
7. Shape dough into two long slender loaves. 8. Grease and sprinkle with cornmeal either a french bread pan or large cookie sheet.
9. Place loaves in pan and cut diagonal gashes on top of each loaf (I use scissors).
10. Cover and let rise until doubled.
11. Bake at 375 degrees for about 30 minutes. 12. Note: You can sprinkle or spray water on the

loaves during baking if you want a really crunchy crust.

# French Onion Soup

## Ingredients

4 cups thinly sliced onions

$\frac{1}{2}$  tablespoon sugar

$\frac{1}{4}$  teaspoon pepper

$\frac{1}{4}$  cup vegetable oil

4 cups beef broth

4 slices French bread, toasted

$\frac{1}{2}$  cup shredded swiss cheese

## Directions

1. In soup pot, cook onions, sugar, and pepper in oil until caramelized (about 15-20 minutes).
2. Stir often.
3. Add broth; bring to a boil.
4. Reduce heat; cover and simmer for 20 minutes.
5. Ladle into ovenproof bowls.
6. Top each with bread and cheese.
7. Broil until cheese is bubbly.

# French Toast Sticks - OAMC

## Ingredients

8 slices bread (Texas Toast style or French)

1/4 cup melted butter

4 eggs

1/3 cup sugar

1/4 teaspoon cinnamon

2/3 cup milk

3/4 teaspoon vanilla

## Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Cut each slice of bread into 3 pieces to make sticks. Texas Toast is a very thick sliced bread about 3/4" thick. You could substitute french bread if Texas toast is not available.
3. In a bowl, mix together melted butter, eggs, sugar, cinnamon, vanilla and milk. Beat well.
4. Dip sticks into egg mixture and place on a cookie sheet that has been sprayed with cooking spray.
5. If there is any dip left, you can drizzle it over the sticks. 6. Bake for 25 minutes on middle rack of oven. Turn halfway through baking time.
7. Allow to cool.
8. Flash freeze on cookie sheet, remove and place in a ziploc bag.
9. To reheat: place 3 sticks on a microwave-safe plate and heat on high for 1 minute until warm. Serve with syrup.

# French Bread



## Ingredients

- 2 ½ cups hot water
- 2 tablespoons shortening
- 2 teaspoons salt
- 2 tablespoons sugar
- 2 tablespoons instant yeast
- 6 ½ cups all-purpose flour

## Directions

1. Place hot water in large bowl.
2. Add the shortening, salt and sugar.
3. Stir and let stand until lukewarm.
4. Sprinkle yeast over all.
5. Beat until smooth.
6. Add 3 cups flour and beat until mixed.
7. Work in 2 cups flour with a wooden spoon.
8. Gradually knead the last 1-1/2 cups flour in until no longer sticky-about 3 minutes.
9. Cover and let rise for 30 minutes.
10. Punch down and place on floured board.
11. Roll out to a rectangle.
12. Cut lengthwise in half.

13. With each strip, roll up lengthwise and pinch seams.
14. Roll gently back and forth with hands to desired length and to smooth loaf out.
15. Lightly grease cookie sheet or use French loaf bread pans.
16. Cover and let rise for 25 minutes.
17. Cut diagonal slashes across bread about 1/4" deep.
18. Preheat oven, pour boiling water on large cookie sheet to fill.

# Oven French Fries



## Ingredients

8 yukon gold potatoes  
1 -2 tablespoon extra virgin olive oil (use a good quality  
- I use Mastero)  
salt  
Pam cooking spray

## Directions

1. Wash potatoes and cut them into semi-thin strips.
2. Place strips in a bowl and add cool water to cover the potatoes.
3. Wash out some of the "starch" and then drain the potatoes well.
4. Mix in the olive oil and sprinkle with salt.
5. Mix all of the potatoes well so that they all get coated evenly.
6. Spray a cookie sheet with PAM and then place the potatoes on top.
7. Cook at 350F for approximately 20-25 minutes (more if you want them crunchy and brown) Serve and enjoy!

# French Toast



## Ingredients

- 1 loaf Texas toast thick bread
- 2 eggs
- 2 ½ tablespoons sugar
- ½ teaspoon salt
- ½ teaspoon vanilla extract
- 2 cups milk
- 1 cup flour
- 2 ½ teaspoons baking powder

## Coating

- 4 teaspoons cinnamon
- ¾ cup sugar

## Directions

1. Mix all ingredients in a large bowl.
2. Mix coating in a smaller bowl.
3. Dip bread into first mixture and fry in vegetable oil on the stove (enough to cover the bottom of the pan really well may have to use more oil depending on how many you make). Cook 3 minutes on each side.

4. When golden brown, Remove, pat with paper towel to remove excess oil.
5. Sprinkle bread with coating.
6. To Freeze: Cool and then store in ziplock freezer bags. To reheat: We just put one piece in the microwave at a time for about 30 seconds per side until heated through.

# Failproof French Bread (Bread Machine)



## Ingredients

- 3 ½ cups bread flour
- 1 teaspoon salt
- 1 (1/4 ounce) package active dry yeast 1 ¼ cups warm water

## Directions

1. Place ingredients in bread machine according to manufacturers directions.
2. Start machine on dough setting.
3. When dough cycle is complete, remove dough with floured hands and cut in half on floured surface.
4. Take each half of dough and roll to make a loaf about 12 inches long in the shape of French bread.
5. Place on greased baking sheet and cover with a towel.
6. Let rise until doubled, about 1 hour.
7. Preheat oven to 450°.
8. Bake for 15 to 20 minutes or until golden brown, turning pan around once halfway during baking.
9. Remove baked loaves to wire racks to cool.

# Baked Pecan French Toast



## Ingredients

- 4 large eggs
- 1 cup milk
- $\frac{1}{4}$  cup sugar
- $\frac{1}{4}$  teaspoon ground nutmeg or  $\frac{1}{4}$  teaspoon cinnamon
- $\frac{1}{2}$  teaspoon vanilla extract
- 1 loaf French bread, cut into 12 1 inch slices (8 ounces)
- $\frac{1}{2}$  cup chopped pecans
- 2 tablespoons butter, melted
- vegetable oil cooking spray or melted butter maple syrup

## Directions

1. Place the eggs, milk, sugar, nutmeg or cinnamon and vanilla in a medium mixing bowl and whisk to combine.
2. Mist the bottom of a 12 by 8-inch glass casserole with vegetable oil spray or brush with melted butter.
3. Place the bread slices in a single layer in the pan.
4. Pour the egg mixture over the bread, distributing it evenly.
5. Turn the bread slices once.
6. Cover the pan with plastic wrap and place in the refrigerator overnight.
7. The next morning, preheat the oven to 425 degrees.
8. Remove the pan from the refrigerator and

remove the plastic wrap.

9. Sprinkle the bread slices with pecans and drizzle with melted butter.

10. Bake for 20 to 25 minutes, or until bread slices puff up and pecans are deep brown but not burned. 11. Serve warm with maple syrup.

12. Instead of a cup of milk, use 2/3 cup orange juice and 1/3 cup of the milk.

13. You can vary this further by adding a little grated orange zest with the pecans before baking.

# Snickerdoodle French Toast



## Ingredients

- 3/4 cup milk
- 3 large eggs
- 1 pinch salt
- 1 1/2 teaspoons vanilla extract
- 4 slices white bread
- 1/4 cup white sugar
- 3 teaspoons cinnamon

## Directions

1. Mix sugar and cinnamon and set aside.
2. Heat grill or frying pan over medium-high heat.
3. In a small bowl, whisk milk, eggs, salt and vanilla. Pour into a flat dish that is large enough to dip bread slices into.
4. Dip bread slices in egg mixture and poke with a fork a few times to ensure custard gets all the way through.
5. Sprinkle one side generously with cinnamon sugar and place this side face down in lightly greased, preheated pan.
6. Sprinkle the top side of the french toast generously with cinnamon sugar. Cook until bottom is browned, then flip and cook through until toast is slightly firm and no longer wet.

# Gluten Free French Bread



## Ingredients

- 2 cups rice flour (white)
- 1 cup tapioca flour
- 3 teaspoons xanthan gum
- 1 ½ teaspoons salt
- 2 teaspoons egg substitute (optional)
- 2 tablespoons sugar
- 1 ½ cups lukewarm water
- 2 tablespoons fast rise yeast
- 2 tablespoons butter or 2 tablespoons margarine, melted
- 3 egg whites, beaten slightly
- 1 teaspoon vinegar
- melted butter, for brushing (optional)

## Directions

1. In the bowl of a heavy-duty mixer, place flours, xanthan gum, salt, and egg replacer (if used). Blend with mixer on low.
2. In a small bowl dissolve the sugar in the water, and add yeast.
3. Wait until the mixture foams slightly, then blend into the dry ingredients.
4. Add the butter, egg whites, and vinegar. Beat on high for 3 minutes.
5. To form loaves, spoon dough onto greased and cornmeal-dusted cookie sheets in two long French-loaf shapes or spoon into special French-bread pans.

6. Slash diagonally every few inches. If desired, brush with melted butter.
7. Cover the dough and let rise in a warm place until doubled in bulk, 20 to 25 minutes.
8. Preheat oven to 400 degrees. Bake for 40 to 45 minutes.
9. Remove from pan to cool.

# French Dip



## Ingredients

- 1 ½ lbs leftover chuck roast, shredded
- 2 cups water
- ¼ cup soy sauce
- ½ teaspoon dried rosemary
- ½ teaspoon dried thyme
- ½ teaspoon garlic powder
- 1 bay leaf
- black pepper
- 4 French rolls

## Directions

1. Combine all ingredients in a saucepan.
2. Cover and simmer one hour.
3. Serve meat on French rolls with broth in small cups for dipping.

# French Toast Sticks (oamc)



## Ingredients

- 2 eggs
- 1/2 cup icing sugar
- 1/4 cup milk
- 2 tablespoons maple syrup
- 1 teaspoon brown sugar
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg
- 8 slices white bread, each cut into 4 strips
- 3 tablespoons butter

## Directions

1. In a shallow dish, beat together the eggs, sugar, milk, maple syrup, brown sugar, cinnamon, and nutmeg with a fork until well blended.
2. Dip each bread strip into the egg mixture, coating completely.
3. In a large skillet, melt 1 tablespoon butter over medium heat.
4. Cook the bread strips a few at a time for 2 to 3 minutes per side, or until golden, adding more butter as needed.
5. Serve immediately or cool completely, flash freeze on cookie sheet, then store in a labeled freezer bag.
6. To serve: reheat in the oven, toaster oven, or microwave until heated through.

# Easy French Onion Soup



## Ingredients

- 2 (14 ounce) cans beef broth
- 1 (10 1/2 ounce) can beef consommé
- 2 large onions, sliced 1/4-inch thick
- 2 tablespoons butter
- 2 pressed garlic cloves
- 1 dash Worcestershire sauce
- 1 cup shredded Swiss cheese
- 4 slices toasted French bread

## Directions

1. Place onions and butter in saucepan.
2. Sauté on medium heat until onions are tender.
3. Add garlic and sauté 1-2 minutes (don't let garlic burn).
4. Add beef broth, consommé, and Worcestershire sauce.
5. Bring to a boil for 1 minute.
6. Take ovenproof bowls (I use over-sized coffee mugs) and place 0.125 cup of cheese in bottom of each bowl.
7. Fill bowl with soup leaving room at the top.
8. Place toasted French bread on top.
9. Top with 0.125 cup Swiss cheese.
10. Place under broiler until cheese is bubbly.
11. Serve immediately.
12. Caution--bowls will be hot!

# Baked French Doughnuts



## Ingredients

5 tablespoons margarine  
½ cup sugar  
1 egg  
1 ½ cups flour  
2 ¼ teaspoons baking powder  
¼ teaspoon salt  
½ teaspoon nutmeg  
½ cup milk  
6 tablespoons margarine, melted  
3 teaspoons cinnamon  
1 tablespoon sugar

## Directions

1. Cream margarine, sugar and mix well.
2. Add egg and mix.
3. Combine dry ingredients; add alternately with milk.
4. Fill greased muffin tins half full and bake 20 to 25 minutes at 350°F.
5. TOPPING: Remove doughnuts from pan immediately. 6. Dip or toss in melted margarine, then into cinnamon sugar mixture.

# French Potatoes



## Ingredients

- 1 ½ lbs potatoes, peeled and very thinly sliced
- 1 medium onion, sliced into rings
- 3 teaspoons butter
- salt and pepper
- 6 teaspoons milk
- 1 pinch paprika

## Directions

1. Put the potato slices to soak in cold water.
2. Put the onion rings into a bowl.
3. Cover with plastic wrap, and pierce.
4. Microwave on HIGH for 1 minute.
5. Grease a five cup casserole dish with a little of the butter.
6. Layer the drained potatoes and onions in the dish, starting and finishing with the potatoes.
7. Season each layer with salt and pepper.
8. Pour the milk over the potatoes and dot with the rest of the butter.
9. Sprinkle the top with paprika.
10. Cover with plastic wrap, and pierce.
11. Microwave on HIGH for 13 minutes.
12. Rotate half-way through cooking time.
13. Allow to stand, covered, for 5 minutes before serving.

# French Onion Soup



## Ingredients

$\frac{1}{4}$  cup butter  
6 medium cooking onions, sliced  
1 teaspoon sugar  
1 tablespoon all-purpose flour  
1 cup dry white wine  
4 cups beef broth  
 $\frac{1}{4}$  teaspoon pepper  
6 slices day-old French bread  
2 cups swiss cheese, Grated  
 $\frac{1}{2}$  cup parmesan cheese, Grated  
paprika

## Directions

1. In large Dutch oven over medium heat, melt butter. 2. Add onions and sugar.
3. Cover and cook, stirring occasionally, 30 minutes or until onions are tender but not colored.
4. Uncover pan, increase heat slightly and continue to cook, stirring regularly until onions are rich caramel colour (10 to 15 minutes) DO NOT LET ONIONS BURN.
5. Stir in flour until well blended.
6. Gradually add wine; cook, stirring constantly, until mixture boils and thickens.
7. Stir in beef broth and pepper; bring to boil.

8. Reduce heat to low.
9. Cover and simmer 15 minutes.
10. Ladle soup into 6, 1-1/2 cup oven proof bowls.
11. Top each with bread slice; sprinkle with swiss cheese and parmesan cheeses and paprika.
12. Place bowls on jelly roll pan.
13. Broil until cheese melts and bubbles.

# Sourdough French Bread



## Ingredients

- 2 cups proofed sourdough starter (see Step 15)
- 1 teaspoon salt
- ½ cup water
- 4 cups white bread flour
- 2 tablespoons white cornmeal

## Directions

1. Put ingredients, in order listed, into bread machine pan.
2. Set machine for dough cycle and start.
3. At end of dough cycle, turn dough out onto a floured surface.
4. If dough is too sticky, knead in a little additional flour.
5. Divide dough into 2 equal portions and flatten each into a 1 1/2 inch thick oval.
6. Fold oval in half once lengthwise and pinch seam to make an elongate loaf.
7. Sprinkle cornmeal on a baking sheet and place the loaves on the sheet seam side down.
8. Cover and let rise in a warm place (85 degrees F) until about doubled in bulk.
9. Place a shallow pan of hot water on the lower shelf of the oven and preheat the oven to 375 degrees F.
10. Make shallow slashes in tops of loaves with a razor blade or finely serrated knife, held at a 30 degree angle.
11. Place the loaves in the oven and immediately spray them and the oven walls with water from a fine mister, and avoid spraying oven light.
12. Repeat this spraying 3 additional times at one minute intervals.
13. Continue baking for 30 to 40 minutes or until brown, but remove pan of water from oven after the

first 15 minutes.

14. Remove loaves from baking sheet and cool on wire racks.

15.\*To proof sourdough culture, start with 1/2 cup of culture and stir into it 1 1/2 cups warm water and 1 1/2 cups flour.

16. Cover with plastic and let sit 8 to 12 hours (the longer it sits, the more 'sour' your bread will taste).

17. At this point, measure out the 2 cups required and proceed with recipe; returning any extra to the starter pot to save in the refrigerator until you want to use it again.

# Puffy French Toast



## Ingredients

- 1 cup flour
- 1 ¼ teaspoons baking powder
- ½ teaspoon salt
- 1 cup milk
- ¼ cup sugar
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1 beaten egg
- 8 slices white bread

## Directions

1. Stir dry ingredients in a medium sized mixing bowl.
2. In another bowl, blend milk and egg.
3. Add milk and egg mixture gradually to dry mixture. Beat until smooth.
4. Dip bread slices in batter. Turn to coat both sides evenly.
5. Fry in greased skillet until golden brown on both sides. 6. Serve with syrup if desired.

# French Onion Soup



## Ingredients

- 5 lbs onions, unpeeled
- ½ cup butter (1 stick)
- 1 ½ teaspoons black pepper, freshly ground
- 2 tablespoons paprika
- 1 bay leaf
- 7 (16 ounce) cans beef broth, divided (recommended Swanson's)
- 1 cup dry white wine (optional)
- ¾ cup all-purpose flour (such as Wondra) or ¾ cup instant flour (such as Wondra)
- caramel coloring (optional) or Kitchen Bouquet (optional)
- 2 teaspoons salt
- French baguette (optional)
- swiss cheese (optional) or gruyere cheese (optional)

## Directions

1. Peel onions and slice 1/8 inch thick, preferably in a food processor.
2. Melt butter in a 6-quart (or larger) stockpot. Add onions; cook, uncovered, over low heat for 1 1/2 hours, stirring occasionally.
3. (The long cooking time makes the onions mellow and sweet.) Stir in pepper, paprika and bay leaf; saute over low heat 10 minutes more, stirring frequently.
4. Pour in 6 cans broth and wine. Increase heat and bring to a boil.
5. Dissolve flour in remaining 1 can broth.
6. Stir into boiling soup.

7. Reduce heat and simmer slowly for 2 hours.
8. Adjust color to a rich brown with caramel coloring, season with salt. Refrigerate overnight. To serve, heat soup in microwave or on stove top.
9. If desired, pour into ovenproof crocks or bowls.
10. Top with a slice of bread and a sprinkling of grated cheese. Heat under the broiler until cheese melts and bubbles, about 5 minutes.
11. Leftover soup can be frozen.

# Shredded French-Dip Sandwiches



## Ingredients

- 3 lbs chuck roast
- 1 (10 3/4 ounce) can French onion soup
- 1 (10 3/4 ounce) can beef consomme
- 1 (10 3/4 ounce) can condensed beef broth
- 1 teaspoon beef bouillon granules
- 8 -10 kimmelwick rolls

## Directions

1. Cut roast in half, place pieces into crockpot.
2. Combine canned soups with bouillon granules.
3. DO NOT DILUTE SOUPS!
4. Pour over meat.
5. Cover, cook on low 8 hours.
6. Remove meat from crockpot,shred with forks.
7. Skim fat from aujus in crockpot.
8. Return meat to crockpot,to rewarm.
9. Pile meat on rolls.
10. Serve juice as dipping sauce on the side

# French Fried Onions

## Ingredients

3 large onions, sliced into thin rings  
2 cups milk  
2 cups all-purpose flour (I use gluten-free) oil (for frying)  
salt

## Directions

1. Soak the onions in the milk for 5 minutes.
2. Heat the oil in a large skillet or deep fryer.
3. Take a handful of onions and run them through the flour with a fork to coat.
4. Fry in batches in the oil, stirring as needed to brown evenly.
5. Drain on paper towels and season to taste.
6. Store in an air-tight container.

# French Bread ("Rapid Rise")

## Ingredients

5 ½ cups all-purpose flour  
1 tablespoon sugar  
2 teaspoons salt  
2 packages fast rising yeast  
2 cups hot water (125°-130°F)  
1 egg white  
1 tablespoon water  
cornmeal

## Directions

1. Set aside 1 cup of flour.
2. In a large bowl, mix remaining flour, sugar, salt and yeast.
3. Stir hot water into dry mixture.
4. Mix in enough reserved flour to make a soft dough. 5. On lightly floured surface, knead dough until smooth and elastic (about 8-10 minutes).
6. Cover dough and let it rest for 10 minutes.
7. Divide dough in half.
8. Roll half of dough into a 10x15 inch rectangle. 9. Roll dough tightly (like a jelly roll), starting from the long side, and tapering the ends.
10. Pinch ends and seam to seal.
11. Place dough seam side down on greased baking sheet which has been sprinkled with cornmeal.
12. Repeat with remaining half of dough.
13. Cover dough and let rise in a warm draft-free place until doubled in size (about 35-40 minutes).
14. With a sharp knife or razor blade, make 4 diagonal cuts on the top of each loaf.
15. Combine egg white and 1 Tablespoon water, brush on loaves.
16. Bake in preheated 425°F oven for 25-30 minutes or until done.
17. Remove from baking sheets and cool on wire racks. 18. Note: If you want to make baguettes instead of loaves, you can roll the dough into a rope (by hand) to get the longer thinner shape.

# Overnight Eggnog Baked French Toast



## Ingredients

$\frac{1}{4}$  cup butter (melt the butter while the dish is baking) or  $\frac{1}{4}$  cup margarine, melted  
7 large eggs  
2 cups eggnog  
1  $\frac{1}{2}$  ounces rum (optional)  
 $\frac{1}{3}$  cup sugar  
 $\frac{1}{4}$  teaspoon nutmeg  
 $\frac{1}{4}$  teaspoon cinnamon  
salt  
1  $\frac{1}{2}$  teaspoons vanilla  
1 French bread, cut into 1 inch slices  
icing sugar

## Directions

1. Beat together eggs, eggnog, rum, sugar, nutmeg, cinnamon, salt & vanilla.
2. Dip both sides of each slice of bread in this mixture and place them side by side in a greased oven proof pyrex dish. Pour any remaining mixture over the slices.
3. Cover and refrigerate overnight (If you wish you can freeze the dish and put in fridge to defrost the evening before you wish to serve it).
4. Bake in 450f on bottom rack for 20-25 minutes (watch the bottom doesn't get too brown).

5. Place on rack to cool slightly& dust with icing sugar.
6. Serve with Canadian Maple syrup and the melted butter.

# French Fries



## Ingredients

peanut oil or other vegetable oil, for frying  
2 lbs baking potatoes, like russets  
salt, to taste

## Directions

1. Pour oil in a deep fryer or heavy saucepan to reach halfway up the sides of the pan.
2. Heat to 325 degrees F, use a deep fry thermometer to determine this.
3. While the oil is heating, peel the potatoes and push through a French fry cutter to form uniform sticks.
4. As you go, place the cut potatoes in a bowl of ice water to release some of the starch and to keep them from browning.
5. Dry the potato strips thoroughly, this will keep the oil from splattering.
6. Fry the potatoes in batches so the pan isn't crowded and the oil temperature does not plummet.
7. Cook for 3 minutes until they are soft but not browned.
8. Remove the potatoes with a long-handled metal strainer and drain on brown paper bags.
9. Bring oil temperature up to 375 degrees F.
10. Return the par-fried potatoes to the oil in batches and cook a second time for 4 minutes until golden and crispy.
11. Drain on fresh brown paper bags then place in a serving bowl lined with paper towels.
12. Salt and serve immediately.

# French Baguette



## Ingredients

200 ml water, lukewarm  
1  $\frac{3}{4}$  tablespoons dry yeast  
1 teaspoon salt  
300 g all-purpose flour (or less)

## Directions

1. In a big mixing bowl pour water and add yeast. Let stand for 5 min.
2. Mix yeast and water until all yeast is dissolved.
3. Add salt.
4. Add flour a bit at a time. When dough becomes too heavy to stir, move to table and knead dough as long as you like. The consistency of the dough should not be sticky and should not be too dry. Once you can 'play ball' from hand to hand with the dough it should be fine.
5. Let rise for 30 min in warm place, cover with tea towel.
6. Preheat oven to 375.
7. Punch dough back down and form into 3-4 long baguettes.
8. Let rise for 15 min, cover with tea towel.
9. Slit the baguette with sharp knife diagonally across every 2-3 inches.
10. Brush with water (I wet a papertowel and run it quickly along the baguettes).
11. Bake for approx 25 min or until bread turns golden. 12. Brush with salted butter/becel while baguette is still warm.

# French Toast Waffles



## Ingredients

4 -6 slices thick-sliced bread (I use 'Texas Toast' bread)

2 eggs, beaten

$\frac{1}{4}$  cup milk

2 tablespoons butter, melted

$\frac{1}{4}$  teaspoon vanilla

$\frac{1}{4}$  teaspoon cinnamon (optional)

## Directions

1. Preheat waffle iron.
2. Allow 2 to 3 slices of bread per serving.
3. Trim bread, if necessary, to fit your waffle iron.
4. Beat the eggs, milk, butter, vanilla and cinnamon in a shallow bowl or pie plate.
5. Dip bread in egg mixture, coating both sides.
6. Cook in hot waffle iron until golden brown.
7. Watch closely so it doesn't get too brown-- it doesn't have to cook as long as waffles do.
8. Serve with desired toppings.

# Classic French Fries



## Ingredients

4 -5 large russet potatoes  
peanut oil  
salt

## Directions

1. Preheat oven to 200 degrees.
2. In a large dutch oven heat oil to 320 degrees.
3. Peel potatoes and EVENLY cut fries into 1/4" x 1/4" strips of equal length.
4. Place in a large bowl of cold water as you're slicing.
5. Drain potatoes thoroughly, removing any excess water.
6. When oil reaches 320 degrees, submerge the potatoes in the oil.
7. Working in small batches, fry for 2 to 3 minutes until they are pale and floppy.
8. Remove from oil, drain, and cool to room temperature.
9. Increase the temperature of the oil to 375 degrees. 10. Re-immerses fries and cook until crisp and golden brown, about 2 to 3 minutes.
11. Remove and drain on roasting rack.
12. Season with kosher salt.
13. Once again this is done in small batches and will need to be kept warm in the oven until all potatoes are fried.

# French Toast Roll-ups



## Ingredients

- 1 (8 ounce) package cream cheese, softened
- 1 egg yolk
- 1 cup sugar, divided
- 24 slices white bread
- 1 tablespoon ground cinnamon
- 3 tablespoons butter, melted

## Directions

1. In a medium bowl, beat the cream cheese, egg yolk, and 1/4 cup sugar until smooth; set aside.
2. Cut the crust off each slice of bread then roll out each slice with a rolling pin.
3. Spread the cheese mixture over the bread, distributing evenly.
4. Roll up each slice jelly roll-style and place seam side down on a baking sheet.
5. In a shallow dish, mix the remaining 3/4 cup sugar and the cinnamon.
6. Brush the butter over the roll-ups then roll them in the cinnamon-sugar mixture, until completely coated.
7. Repeat with the remaining roll-ups, placing them on the baking sheet after coating.
8. Cover and freeze for at least 2 hours, or up to 2 months.
9. Just before serving, preheat the oven to 400°F.
10. Bake the roll-ups for 10 to 12 minutes, or until golden brown.

# Creamy French Dressing



## Ingredients

- 1/2 cup mayonnaise
- 1/2 cup ketchup
- 1/4 cup apple cider vinegar
- 1/4-1/2 cup sugar
- 1 small sweet onion, cut into wedges
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup olive oil
- salad greens
- tomatoes, cut into wedges
- cucumber, sliced (or vegetables of your choice)

## Directions

1. In a blender, place the mayonnaise, ketchup, vinegar, sugar, onion, salt and pepper; cover and process until smooth.
2. While processing, gradually add oil in a steady stream.
3. Let chill in fridge for about an hour before serving to let onion flavor mellow.
4. Serve over salad.
5. Refrigerate leftover dressing.

# French Martini



## Ingredients

- 2 ounces vodka
- 1 ounce pineapple juice
- $\frac{1}{4}$  ounce Chambord raspberry liquor

## Directions

1. Mix all ingredients in shaker.
2. Shake well.
3. Strain and pour into a Martini glass.

# French Bread Rolls to Die For



## Ingredients

- 1/2 cups water
- 1 tablespoon active dry yeast
- 2 tablespoons sugar
- 2 tablespoons olive oil
- 1 teaspoon salt
- 4 cups bread flour

## Directions

1. Mix together warm water, yeast and sugar and let stand for about 10 minutes.
2. In large bowl, combine yeast mixture with oil, salt and 2 cups of the flour.
3. Stir well to combine.
4. Stir in remaining flour 1/2 cup at a time, beating well after each addition.
5. Turn out onto a lightly floured surface and knead until smooth and elastic.
6. Lightly oil a large bowl and place dough in and turn to coat with oil.
7. Cover with cloth and let rise in warm place until doubled, about 1 hour.
8. Deflate the dough and turn out onto floured surface. 9. Divide dough into 16 equal pieces and form into rounds. 10. Place rolls onto lightly greased baking sheet at least 2" apart.
11. Cover rolls with cloth and let rise until doubled, about 40 minutes.
12. Preheat oven to 400 degrees and bake rolls for 18 to 20 minutes or until golden brown.

# Cheesy French Bread



## Ingredients

- 2 cups shredded sharp cheddar cheese (will probably work with any of your favorite cheeses) or 2 cups Mexican blend cheese (will probably work with any of your favorite cheeses)
- $\frac{3}{4}$  cup mayonnaise
- 1  $\frac{1}{2}$  teaspoons italian seasoning (or 1  $\frac{1}{2}$  teaspoons dried parsley flakes)
- $\frac{1}{4}$  teaspoon garlic powder (feel free to use cloves of fresh garlic minced)
- 1 dash ground red pepper
- French bread, cut in half lengthwise

## Directions

1. Combine the cheese, mayonnaise, Italian Seasoning, garlic powder and ground red pepper.
2. Spread this mixture on the cut sides of the bread.
3. Place the bread on a baking sheet and bake at 350 degrees for 20-25 minutes, or until the topping is melted and lightly browned.

# Food Processor French Bread



## Ingredients

- 1/2 cup water, 110-115 degrees
- 1 1/2 tablespoons yeast
- 1 teaspoon sugar
- 3 1/2 cups flour
- 1 1/2 teaspoons salt
- 1 teaspoon sugar
- 1 cup water, 110-115 degrees

## Directions

1. Grease baguette pans for two loaves or cookie sheet if making rolls.
2. Combine 1/2 cup water, 1 1/2 Tbls yeast, 1 teaspoon sugar; in food processor bowl, let sit 5 minutes to proof.
3. Add 3 1/4 cups flour, 1 1/2 tsp salt, 1 teaspoon sugar, process for 30 secs.
4. Slowly add 1 cup of water with the processor running, once dough comes together process mix for 1 minute.
5. Check dough, it will be slightly moist and sticky, add extra flour if needed and process for 30 seconds.
6. For loaves, divide dough in half and shape into 2- 11"12" loaves( I usually hold it and squeeze gently starting in the middle and working towards the ends, letting it hang from my hands). Place on pan, and cut or snip 4 diagonal slashes into top of the loaf.
7. For rolls pinch off dough and form 24 balls place on cookie sheet. Snip a small slash into the top of each roll.
8. Set loaves or rolls in a warm spot to rise, rise for 40 - 60 minutes for loaves, 30- 40

minutes for rolls, depending how warm your room is.

9. As soon as you set your bread to rise, Preheat oven to 450 degrees, after 20 minutes place a shallow pan of warm water on the lower rack of your oven. 10. Bake for 10 minutes, lower temperature to 400 degrees bake 15 minutes more, check rolls at 10 minutes. 11. With the oven I have now, I have to remove the loaves from the pan turn them over and bake for 5 minutes more to get the bottom crusty, you may have to also.

# French Napoleons



## Ingredients

- 2 sheets frozen puff pastry, thawed
- 1 cup cold milk
- 1 (3 1/2 ounce) package vanilla instant pudding mix (or use chocolate)
- 1 cup Cool Whip
- 1 1/4 cups sliced fresh strawberries

### ***garnish***

powdered sugar

## Directions

1. On a lightly floured surface, roll out each pastry sheet to 1/8-inch thickness.
2. Using a shaped cookie cutter of your choice (I prefer hearts), cut out 9 Napoleons per sheet.
3. Place on ungreased baking sheets.
4. (If your dough has become too warm, place in refrigerator to chill. The pastry will not "puff" well if warm.)
5. Bake at 400° for 8-11 minutes or until golden brown. 6. Remove to wire racks to cool.
7. In a bowl, whisk milk and pudding mix for 2 minutes. Fold in Cool Whip.
8. Split puff pastry shapes in half.
9. Place bottom halves on serving plates.
10. Spoon filling over each; top with strawberries. I make the points of the slices stick out over the edges. 11. Top with pastry tops. (Add just a dab of filling on top of strawberries so the pastry top will stick.)

12. Sprinkle with powdered sugar.
13. Serve immediately.

# The Ultimate French Bread



## Ingredients

1  $\frac{1}{4}$  cups warm water

1 tablespoon sugar

1 teaspoon salt

3  $\frac{1}{2}$  cups bread flour 1 tablespoon yeast

**CRUNCHY CRUST GLAZE** 2 tablespoons water

$\frac{1}{2}$  teaspoon salt

**SOFT CRUST GLAZE** 1 egg

water, beaten

**SILKY CRUST GLAZE** 1 egg

milk, beaten

## Directions

1. Add to bread machine according to owner's manual (my machine does liquids first); program for DOUGH or MANUAL.
2. At the end of the cycle, place on lightly floured surface, rolling into a large rectangle; start at the longest end and roll up tightly, pressing seams and tapering each end, tucking under.
3. Place loaf on a greased baking sheet or stone; cover and let rise for one hour until doubled.
4. Near end of rising time, preheat oven to 400 degrees.
5. Mix glaze ingredients in a small bowl; brush over loaf generously; snip three diagonal slashes over

the top (optional).

6. Bake for 20-25 minutes, top will be golden brown.

7. VARIATIONS: After rolling dough into a rectangle, (1) sprinkle with grated cheese [cheddar is delicious], or (2) generously brush with melted butter & sprinkle some aromatic herbs, or (3) spoon leftover marinara sauce close to the edges, -- then roll up tightly and pinch edges; continue as described in Step #3.

8. VARIATION #2: Mince one small onion (about 1/4 cup) and add to wet ingredients.

9. CREATIVE SUGGESTION: Shape into a round loaf instead of the usual long loaf.

10. BABY FRENCH BREAD LOAFLETS: Divide dough ball into 12 balls, tapering to make mini-loaves; bake 15-20 minutes--watch carefully!

11. FRENCH TWIST: Divide dough into 3 pieces, rolled into 14-16" ropes. Lay them on pan and braid in usual fashion, tuck ends under, stretch out a bit if need be; brush with 2 T. melted butter; cover & rise for about 30 minutes; brush with glaze, bake 20-25 minutes--watch carefully.

# French Cabbage Soup from Door County, WI



## Ingredients

6 tablespoons butter  
1/2 cup flour  
1 cup onion, diced  
1 cup carrot, diced  
2 tablespoons butter  
2 quarts chicken broth  
1/4 lb Polish sausage, diced  
1 cup potato, raw, peeled and diced  
1 head chopped cabbage (about 1 lb)  
1 teaspoon chopped fresh thyme or 1/2 teaspoon dried thyme  
salt and pepper

## Directions

1. Make a white roux with 6 tbsp butter and 1/2 cup flour by melting the butter in a medium skillet, stirring in the flour and simmering 3- 5 minutes while stirring constantly.
2. Avoid browning.
3. Set aside.
4. Melt 2 tbsp butter in a stock pot, or Dutch oven.
5. Add diced onions and carrots.

6. Saute until tender.
7. Add chicken broth, diced polish sausage, diced potatoes and chopped cabbage to the pot.
8. Stir and simmer for 20 minutes.
9. Add white roux, thyme, salt and pepper to the pot.
10. Stir until smooth.
11. Simmer for 20 minutes.

# Fabulous French Bread



## Ingredients

2 ½ cups warm water  
2 tablespoons sugar  
1 tablespoon salt  
2 tablespoons vegetable oil  
6 cups flour  
2 tablespoons dry yeast  
cornmeal (for dusting baking sheet) 1 egg, beaten lightly

## Directions

1. Pour warm water into a large, warm mixing bowl.
2. Stir in sugar, salt, oil, 3 cups of flour, and yeast.
3. Beat vigorously for 2-3 minutes.
4. Stir in remaining flour until all dry ingredients are incorporated, leaving spoon right in batter.
5. Allow dough to rest 10 minutes; then stir down.
6. Allow dough to rest another 10 minutes and stir down again.
7. Repeat this process until dough has been stirred down 5 times.
8. Turn dough onto floured surface.
9. Knead only enough to coat the dough with flour so it can be handled.
10. Divide dough into 2 parts.
11. Roll each half into a rectangle approximately 9x12 inches, and roll up like a jelly roll starting from the long side.

12. Pinch ends to seal.
13. Arrange on a large baking sheet that has been dusted with cornmeal, leaving enough room for both loaves.
14. Cover lightly and let rise at room temperature for 30 minutes.
15. With a very sharp knife, cut 3 diagonal slashes on top of each loaf.
16. Brush each loaf with beaten egg.
17. Bake immediately at 400°F for 20-30 minutes or until golden brown.
18. Remove from baking sheet and cool on wire racks.
19. \*NOTE: I have used my Kitchenaid mixer to do all the mixing and it works great either way.

# Vegan French Toast



## Ingredients

- 1 cup vanilla-flavored soymilk
- 2 tablespoons flour
- 1 tablespoon sugar
- 1 tablespoon nutritional yeast
- 1 teaspoon cinnamon
- 4 -6 slices bread (slightly stale is best)

## Directions

1. Mix together the first 5 ingredients.
2. Dip a piece of bread in the mixture and cook on a skillet until it's golden-brown.
3. Repeat until you have as many as you want.

# French Yogurt-Cake



## Ingredients

1/2 cup yogurt (don't forget to keep the container)

1/4 cup oil

1 cup sugar

1 1/2 cups plain flour

2 teaspoons baking powder

2 eggs

1 dash salt

vanilla or coffee or orange blossom water or rum or almonds or chocolate chips

coconut or fruit

## Directions

1. Preheat oven 300°F.
2. Mix yogurt and sugar.
3. Add the 3 containers of flour, one by one and the salt, the dough will be hard.
4. Add the eggs, the oil and the flavor.
5. Finish with the baking powder.
6. Mix well.
7. Pour into a greased and floured cake pan (i use a old charlotte pan).
8. Bake for 50 minutes.

# Frozen French Fries

**Ingredients** potato  
olive oil  
cajun seasoning

## **Directions**

1. Peel the potatoes and cut into french fries.
2. Put the raw french fries in a ziplock bag and shake to coat with a little olive oil and cajun seasoning.
3. Bake at 425 F until just done.
4. Cool, then set the cookie sheet they were baked on in the freezer until they are frozen solid.
5. Scoop them off with a spatula and store in 5 quart ice cream buckets.
6. That way you can have as few or many as you like without having to go for an extra bag.
7. To heat them up just throw them back in the oven on a cookie sheet at 425 F for about 15 minutes.

# French Silk Chocolate Pie

## Ingredients

1 keebler 8-inch graham cracker crust (or homemade)  
1/2 cup unsalted butter, softened  
3/4 cup sugar  
2 ounces unsweetened chocolate squares  
1 teaspoon good vanilla  
2 eggs  
Cool Whip  
1 Plain Hershey Bar, room temp  
maraschino cherry (optional)

## Directions

1. In microwave, melt chocolate, set aside to cool.
2. In medium bowl, cream butter, gradually add sugar, cream well.
3. Mix in melted, cooled chocolate and vanilla.
4. Add eggs 1 at a time, beating 5 minutes each, and scraping sides of bowl often to incorporate all sugar.
5. (Beat until no longer any grains of sugar).
6. Spoon and smooth into pie crust.
7. Chill until set, about 1 hour.
8. Serve topped with Cool Whip, chocolate shavings and a maraschino cherry.
9. \*Double this recipe for a 9-inch deep dish pie.
10. Variations: add, in addition to vanilla, 1 teaspoons peppermint extract, tint Cool Whip pink for Valentines day, green for St Patty's day.
11. Top with crushed peppermint sticks/candy canes just before serving for Christmas.

# French Toast

## Ingredients

1 loaf bread, unsliced  
6 large eggs  
2  $\frac{1}{4}$  cups milk  
 $\frac{1}{4}$  cup sugar  
1 teaspoon rum extract  
 $\frac{1}{4}$  teaspoon nutmeg  
to taste confectioners' sugar

## Directions

1. Mix eggs, milk, sugar, extract and nutmeg together with mixer.
2. Slice bread in thick slices, thoroughly dip into mixture coating well, spray griddle with butter spray and brown on both sides, sprinkle with confectioner's sugar.
3. If you don't have time to prepare this, I have used commercial eggnog and added nutmeg.
4. You can buy it in a can and keep it in your pantry.
5. Marian Allen

# French Onion Dip

## Ingredients

- 1/2 cup mayonnaise
- 2 cups sour cream
- 1 packet Knorr french onion soup mix

## Directions

1. Stir all ingredients until well mixed.
2. Cover and chill 1 hour.
3. cups

# Fluffy French Toast



## Ingredients

- $\frac{1}{4}$  cup all-purpose flour (I use blender, since the flour tends to not mix in evenly)
- 1 cup milk
- 1 pinch salt
- 3 eggs
- $\frac{1}{2}$  teaspoon cinnamon (I add more)
- 1 teaspoon vanilla (I also add some maple extract)
- 1 tablespoon white sugar
- 12 slices bread (I use Texas toast)

## Directions

1. Heat a lightly oiled griddle or frying pan over medium heat.
2. Soak bread slices in mixture until saturated.
3. Cook bread on each side until golden.
4. I sprinkle with powdered sugar and serve syrup on the side.

# Basic Whole Wheat French Crepes



## Ingredients

- 3 eggs
- $\frac{2}{3}$  cup milk
- 2 tablespoons unsalted butter or 2 tablespoons margarine, melted
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{3}$  cup whole wheat flour

## Directions

1. Note: If you want to make regular crepes, not using whole wheat flour, use  $\frac{3}{4}$  cup milk, 2 tbs cold water, and substitute  $\frac{3}{4}$  cup white flour.
2. In a small bowl, beat the eggs, milk, melted butter, and salt until well combined-about 20 seconds.
3. Sift the flour into a medium size bowl or a 2 quart measuring cup, then add the liquid mixture, beating until well combined-about 1 minute.
4. Or blend the eggs, milk, butter, and salt in an electric blender or food processor for 15 seconds; sprinkle in the flour and blend until smooth-about 30 seconds.
5. Cover loosely with plastic wrap; let stand for at least 1 hour refrigerated or at room temperature. (The flour will swell to make a softer batter.) Will keep, refrigerated, for up to 4 hours.

6.

6. inch skillet.

7. Set over moderate heat for about 30 seconds or until a drop of batter sizzles.

8. Stir the batter well, pour 2 tablespoonfuls into the skillet, and quickly tip it back and forth so that the batter evenly coats the bottom.

9. Cook until the crepe edges are golden brown-about 1 minute.

10. Slide a spatula under the crepe, flip it over, and cook for about 30 seconds.

11. Transfer to a warm plate.

12. Repeat with the remaining batter, rebuttering the skillet when necessary.

13. \*At this point the crepes can be cooled to room temperature, separated by sheets of wax paper, and stored.

14. Refrigerate, wrapped tightly with plastic wrap, for up to 24 hours.

15. Freeze, wrapped with aluminum foil and labeled, for up to 1 month at 0°F.

16. Serve with your own favorite crepe filling or try Walnut Crepes with Mocha Sauce or Cinnamon Crepes with Caramel Sauce and Pecans.

17. Enjoy!

# French Onion Burgers



## Ingredients

- 1 (2 7/8 ounce) can French-fried onions
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon salt
- 1 lb ground beef
- 1 (4 ounce) can mushrooms, drained and diced (optional)
- 4 hamburger buns

## Directions

1. In a bowl, combine the onions, Worcestershire sauce, salt and mushrooms if using. Crumble beef over mixture and mix well. Shape into 4 patties.
2. Grill, uncovered, over medium heat or broil 4 inches from the heat for 6-9 minutes on each side or until no longer pink. Serve on buns with any condiments and toppings of your choice.

# Overnight Blueberry French Toast



## Ingredients

butter (for coating pan)  
1 (14 ounce) loaf French bread or 1 (14 ounce) loaf Italian bread  
1 (8 ounce) package light cream cheese, cut in small pieces  
1 cup fresh blueberries or 1 cup frozen blueberries  
12 large eggs  
2 cups milk  
 $\frac{1}{3}$  cup real maple syrup  
 $\frac{1}{2}$ teaspoon ground cinnamon

## Directions

1. Butter a 13x9-inch glass baking pan generously.
2. Tear bread into one-inch cubes; place half into prepared pan.
3. Evenly distribute cream cheese pieces over bread; cover with blueberries.
4. Place remaining bread cubes on top.
5. In a large bowl, beat together eggs, milk, syrup and cinnamon; pour over bread cubes.
6. Cover with foil and refrigerate overnight.
7. In the morning, preheat oven to 350F degrees.
8. Remove casserole dish from fridge and bake, covered, for 30 minutes.
9. Remove foil and bake for an additional 30 minutes or until lightly browned on top and centre is set.
10. Cut into squares and serve with maple syrup

# Crepe Brulee French Toast



## Ingredients

- 1/2 cup unsalted butter
- 1 cup firmly packed brown sugar
- 2 tablespoons honey
- 6 slices day old challah (1 inch thick)
- 5 large eggs
- 1 1/2 cups half-and-half
- 1 teaspoon vanilla
- 1 teaspoon orange syrup or 1 teaspoon orange liqueur
- 1/4 teaspoon salt

## Directions

1. Combine butter, brown sugar and honey in a heavy saucepan over medium heat.
2. Cook, stirring constantly, until melted and smooth.
3. Pour into a 13 x 9 inch baking dish.
4. Trim crusts from bread and arrange in one layer in the baking dish.
5. Whisk together the eggs, half and half, Grand Marnier, vanilla and salt in a large mixing bowl. 6. Pour evenly over the bread.
7. Cover and refrigerate 8 hours or overnight. 8. Preheat oven to 350 degrees F.

9. Remove the dish from the refrigerator and let come to room temperature.
10. Bake, uncovered, for 35-40 minutes or until puffed and edges are light golden brown.
11. Serve immediately with individual pieces turned over with the caramel on top.

# French Bread Pizza



## Ingredients

- 1 loaf unsliced French bread
- 1 (8 ounce) container chive & onion cream cheese, softened
- canola oil cooking spray
- 12 ounces cherry tomatoes, sliced
- 1 cup shredded cooked chicken
- 1 (8 ounce) can pineapple, tidbits drained
- 1 jalapeno pepper, halved, seeds removed and sliced 2 garlic cloves, finely chopped
- $\frac{1}{4}$ - $\frac{1}{2}$  cup red onion, thinly sliced
- $\frac{1}{3}$  cup roasted red pepper, coarsely chopped (the kind in the jar)
- 1 cup shredded mozzarella cheese
- kosher salt & fresh ground pepper
- dried red pepper flakes, to taste and (optional)

## Directions

1. Heat oven to 450 degrees F.
2. Slice bread horizontally in half.
3. Spray each cut side with canola oil.
4. Place bread cut side up on cookie sheet.
5. Bake for 5-8 minutes or until lightly browned.
6. When it cools enough to handle, but still warm, spread cream cheese evenly over bread.
7. Add sliced cherry tomatoes and chicken.
8. Season with salt and pepper.
9. Sprinkle with  $\frac{1}{3}$  cup of the cheese.

10. Add the pineapple, peppers, garlic and onions.
11. Sprinkle top with remaining cheese.
12. Bake for 12-15 minutes or until cheese is melted and bread is heated through.
13. NOTE: If you don't like your vegetables crisp, you can microwave them for about 60 seconds to soften them before adding to the pizza.

# Egg-White French Toast

## Ingredients

1 cup 2% low-fat milk  
8 slices bread, or 4 1-inch slices of bread cut from a loaf  
 $\frac{1}{8}$  teaspoon cinnamon  
4 egg whites  
 $\frac{1}{2}$  teaspoon vanilla extract

## Directions

1. In medium bowl beat egg whites well. Add milk, vanilla and cinnamon to egg whites and continue to beat.
2. Dip bread slices into batter and coat on both sides.
3. Cook one of the following ways: Place dipped bread in greased and heated skillet. Cook by turning a few times to brown.
4. Or, place dipped bread on greased or oiled baking sheet. Then broil in the oven (watching closely), turning only once. (Approximately 2-3 minutes each side when placed 5 inches from broiler top).

# No Zee French Rice Pilaf

## Ingredients

4 tablespoons butter  
1 medium onion, chopped  
4 garlic cloves, minced  
1 cup long grain white rice  
2 cups chicken stock or 2 cups broth  
salt  
½ cup grated cheese like parmesan cheese, but don't be afraid, gruyere, manchego, all cheese is worthy of worship

## Directions

1. In 3 quart pan melt butter and saute onion and garlic until onion is limp.
2. Add the 1 cup rice and continue to cook for 10 minutes or so, being careful to stir, until grains of rice are lightly browned and look opaque.
3. Pour in chicken broth, bring to boil, cover and reduce heat and simmer for about 20 minutes, or until rice is tender, stirring a few times.
4. Stir in cheese! Add salt to taste before serving.

# Strawberry Cheesecake French Toast



## Ingredients

- 1 (3 ounce) package cream cheese, softened
- 2 tablespoons confectioners' sugar
- 2 tablespoons strawberry preserves
- 8 slices country white bread
- 2 eggs
- ½ cup half-and-half
- 2 tablespoons granulated sugar
- 4 tablespoons butter

## Directions

1. In a small bowl, combine the cream cheese and confectioners' sugar; mix well then stir in the preserves.
2. Spread equally over 4 bread slices. Top with the remaining bread slices, forming sandwiches.
3. In a shallow bowl, whisk the eggs, half-and-half, and granulated sugar until well combined.
4. In a large skillet, melt 2 tablespoons butter over medium heat.
5. Dip each sandwich into the egg mixture, completely coating both sides. Cook 2 sandwiches at a time for 1 to 2 minutes per side, or until golden.
6. Melt the remaining 2 tablespoons butter in the skillet and cook the remaining 2 sandwiches.
7. Slice each in half diagonally and serve.

# Magic French Fudge

## Ingredients

18 ounces semi-sweet chocolate chips  
14 ounces sweetened condensed milk  
2 teaspoons vanilla  
1 pinch salt  
 $\frac{1}{2}$  cup chopped nuts

## Directions

1. In a double-boiler melt chocolate.
2. Remove from heat and add the sweetened condensed milk, vanilla, salt, and nuts. Stir until smooth.
3. Turn into wax paper lined 8 inch square pan and chill in fridge.
4. Store in cool place in an airtight container.

# Whole Wheat French Bread

## Ingredients

1 tablespoon yeast  
1 ½ cups warm water  
1 ½ teaspoons salt  
3 tablespoons olive oil or 3 tablespoons canola oil  
2 cups whole wheat flour  
2 cups white flour

## Directions

1. Dissolve yeast in water, I add a pinch of sugar, and let rest about 5 minutes or until it begins to foam.
2. Stir in salt, oil and half of flour.
3. Gradually add remaining flour, mixing well.
4. Knead 8-10 minutes or until smooth and elastic.
5. Place in greased bowl and let rise until double (1/2-1 hour) Punch down and let rise again until double.
6. Punch down and divide into 1-4 pieces, depending on the size loaves desired.
7. Roll into an oblong shape and then roll up, starting on long side; pinch to seal, forming long thin loaves.
8. Place on greased cookie sheet.
9. Slash top of dough with knife 3-5 times diagonally down each loaf.
10. Brush with water and let raise till double again (about 1 hour).
11. Bake at 375°F for 30 minutes.
12. Use within one day or double wrap and freeze.

# Whole Wheat French Bread



## Ingredients

- 1 tablespoon yeast
- 1 ½ cups warm water
- 1 ½ teaspoons salt
- 3 tablespoons olive oil or 3 tablespoons canola oil
- 2 cups whole wheat flour
- 2 cups white flour

## Directions

1. Dissolve yeast in water, I add a pinch of sugar, and let rest about 5 minutes or until it begins to foam.
2. Stir in salt, oil and half of flour.
3. Gradually add remaining flour, mixing well.
4. Knead 8-10 minutes or until smooth and elastic.
5. Place in greased bowl and let rise until double (1/2-1 hour) Punch down and let rise again until double.
6. Punch down and divide into 1-4 pieces, depending on the size loaves desired.
7. Roll into an oblong shape and then roll up, starting on long side; pinch to seal, forming long thin loaves.
8. Place on greased cookie sheet.
9. Slash top of dough with knife 3-5 times diagonally down each loaf.

10. Brush with water and let raise till double again (about 1 hour).
11. Bake at 375°F for 30 minutes.
12. Use within one day or double wrap and freeze.

# Crepe Brulee French Toast



## Ingredients

- 1/2-1 cup unsalted butter
- 1 cup packed brown sugar
- 2 tablespoons corn syrup
- 1 loaf 9 inch round country bread (such as challah, you can also use a bagette, leaving on the crust)
- 5 large eggs
- 1 1/2 cups half-and-half
- 1 teaspoon vanilla
- 1 teaspoon Grand Marnier
- 1/4 teaspoon salt

## Directions

1. In a small heavy saucepan melt butter with brown sugar and corn syrup over moderate heat, stirring, until smooth and pour into a 13x9x2" baking dish.
2. Cut six 1" thick slices from center portion of bread, reserving ends for another use, and trim crusts.
3. Arrange bread slices in one layer in baking dish, squeezing them slightly to fit.
4. In a bowl whisk together eggs, half and half, vanilla, Grand Marnier and salt until combined well and pour evenly over bread.

5. Chill bread mixture, covered, at least 8 hours and up to 1 day.
6. Preheat oven to 350\* and bring bread to room temperature.
7. Bake bread mixture, uncovered, in middle of oven until puffed and edges are pale golden, about 35 to 40 minutes.
8. Serve hot French toast immediately.

# Strawberry French Toast



## Ingredients

2 large eggs  
1/4 cup milk  
6 slices bread, crusts removed  
1 (8 ounce) container strawberry cream cheese, softened  
sliced strawberry  
2 tablespoons butter  
powdered sugar (to garnish)  
maple syrup, for serving

## Directions

1. Beat eggs and milk in shallow dish. Spread 1 side of each slice of bread with cream cheese. Put strawberries on each of 3 slices of bread. Sandwich with remaining 3 slices of bread.
2. Dip each sandwich in egg mixture, turning to coat each side. Melt butter in a large skillet over medium heat. Add sandwiches and cook until golden brown on each side.
3. Serve 1 1/2 sandwiches per person. Dust with powdered sugar and serve with maple syrup

# English Muffin French Toast!



## Ingredients

2 eggs (or 1 egg plus 2 egg whites)  
1 cup milk  
2 tablespoons sugar  
 $\frac{1}{4}$  teaspoon cinnamon  
4 English muffins  
butter (or nonstick cooking spray)  
warm pure maple syrup

## Directions

1. Whisk eggs in small bowl until frothy. Add milk, sugar and cinnamon. Whisk well. Transfer to shallow dish. (Can be made ahead and refrigerated, covered airtight, for as long as 3 days.)
2. To cook, open English muffins; place in milk mixture, cut-side down, for about 4 minutes. Turn and soak 1 minute more.
3. Heat greased nonstick skillet over medium heat. When hot, cook muffins, cut-side down, until browned, about 3 minutes. Turn, brown other side, about 3 minutes more.
4. Can be kept warm in 200 degree oven while cooking remaining muffins. Serve hot with warm maple syrup passed separately.

# French Dream



## Ingredients

- 3 ounces Baileys Irish Cream
- 1 dash Chambord raspberry liquor
- 1 dash half-and-half

## Directions

1. Blend all the ingredients above in a parfait glass, garnished with a raspberry.

# Overnight Blueberry French Toast



## Ingredients

- 1 loaf French bread, sliced 1-inch thick (probably wont need the whole loaf)
- 6 large eggs
- 2 cups milk
- $\frac{1}{2}$ teaspoon ground nutmeg
- 1 teaspoon vanilla
- 1 cup brown sugar, divided
- $\frac{1}{4}$  cup butter (or stick margarine)
- 1 cup chopped pecans (optional)
- 2 cups blueberries (fresh or frozen)

## Directions

1. Grease a 13 x 9 inch baking dish.
2. Arrange the bread in a single layer in the dish.
3. In a large bowl, beat the eggs. Add in the milk, nutmeg, vanilla, and  $\frac{3}{4}$  cup of the brown sugar. Stir well to mix.
4. Pour egg mixture evenly over the bread. Cover and let sit 8 hours or overnight.
5. When ready to bake, preheat the oven to 400 degrees.
6. In a small saucepan over medium heat, melt the butter and remaining  $\frac{1}{4}$  cup of brown sugar, stirring well.
7. Top the egg mixture with the pecans and blueberries, then drizzle on the butter sauce.
8. Bake for 45 minutes until set and golden brown on top.
9. Serve with warm maple syrup.

# Cinnamon French Toast



## Ingredients

- 1 egg
- 2 egg whites
- $\frac{1}{4}$  cup skim milk
- 1 teaspoon vanilla
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{1}{8}$  teaspoon nutmeg

## Directions

1. In a bowl, whisk egg and egg whites until foamy.
2. Add the milk, vanilla, cinnamon and nutmeg.
3. Combine and set aside. Preheat oven to 200F.
4. Lightly spray a nonstick skillet with vegetable cooking spray. Heat over medium heat.
5. Dip 4 bread slices into egg mixture, turning to coat. Place bread slices in prepared skillet. Cook until golden brown, turning once.
6. Transfer cooked slices to a plate and keep warm in oven.
7. Dip remaining slices in egg mixture, cook as above. Divide toast among serving plates.
8. Sprinkle lightly with cinnamon sugar and top with maple syrup. Serve immediately.
9. Variation: For puffy French toast, prepare egg mixture in a large shallow glass dish.

10. Add bread slices, turning to coat. Cover and refrigerate overnight. Cook and serve as above.

# Copycat French Vanilla Liquid Coffee Creamer



## Ingredients

- 1 (300 ml) can low fat sweetened condensed milk (or regular... but I use low fat)
- 1 ½ cups nonfat milk
- 1 tablespoon vanilla

## Directions

1. Combine all ingredients in a blender and blend well (or in a mason jar and stir up sweetened condensed milk as it will settle at the bottom, and then put lid on it and shake like crazy!). Store in the fridge. Will keep for approximately two weeks.
2. Variations:
3. a) Add 1 Tbsp cocoa and 1 tsp almond extract for a chocolate almond flavor.
4. b) Add 1 tsp almond extract and 1/2 tsp orange extract for cappuccino.
5. c) Add 1/2 tsp cinnamon and 1 tsp almond extract for amaretto.
6. d) Add specialty flavor syrups (from specialty coffee shops and the like) as needed for additional flavors.
7. Please note that so far I've only tried the vanilla - and it's wonderful!
8. Enjoy!

# Garlicky French Fries



## Ingredients

- (32 ounce) bag frozen french fries
- 3 teaspoons vegetable oil
- $\frac{3}{4}$  teaspoon salt
- cooking spray
- 2 tablespoons butter
- 8 garlic cloves, minced
- 2 tablespoons fresh parsley, finely chopped
- 2 tablespoons parmesan cheese

## Directions

1. Preheat oven to 400°.
2. Combine first 3 ingredients in a large zip-top plastic bag, tossing to coat.
3. Arrange potatoes in a single layer on a baking sheet coated with cooking spray. Bake at 400° for 20 minutes or until potatoes are tender and golden brown, turning after 10 minutes.
4. Place butter and garlic in a large nonstick skillet; cook over low heat 2 minutes, stirring constantly. Add potatoes, parsley, and cheese to pan; toss to coat. Serve immediately.

# French Onion Salisbury Steak



## Ingredients

- 1  $\frac{1}{4}$ lbs ground chuck
- $\frac{1}{4}$  cup minced fresh parsley
- 2 tablespoons scallions, minced
- 1 teaspoon kosher salt
- $\frac{1}{2}$  teaspoon black pepper
- 2 tablespoons all-purpose flour
- 1 tablespoon olive oil
- 2 cups onions, sliced
- 1 teaspoon sugar
- 1 tablespoon garlic, minced
- 1 tablespoon tomato paste
- 2 cups beef broth
- $\frac{1}{4}$  cup dry red wine
- $\frac{3}{4}$  teaspoon kosher salt
- $\frac{1}{2}$  teaspoon dried thyme leaves
- 2 tablespoons all-purpose flour
- 4 cheese toast (in frozen food section, or make your own)
- 4 teaspoons minced fresh parsley (garnish) 4 teaspoons parmesan cheese, shredded

## Directions

1. Combine chuck, parsley, scallion, salt, and pepper. Combine chuck, parsley, scallion, salt, and pepper. inch thick oval patties.
2. Place 2 tablespoons of flour in a shallow dish; dredge each patty in flour. Reserve 1 teaspoon flour.
3. Heat 1 tablespoon oil in a sauté pan over medium-high heat. Add patties and sauté 3 minutes on each side, or until browned. Remove from pan.
4. Add onions and sugar to pan; sauté 5 minutes. Stir in garlic and tomato paste; sauté 1 minute, or until paste begins to brown. Sprinkle onions with reserved flour; cook 1 minute. Stir in broth and wine, and then add the salt and thyme.
5. Return meat to pan and bring soup to a boil. Reduce heat to medium-low, cover and simmer 10 minutes.
6. Serve steaks on Cheese Toasts with onion soup ladled over.
7. Garnish with parsley and Parmesan.

# French Dip Au Jus



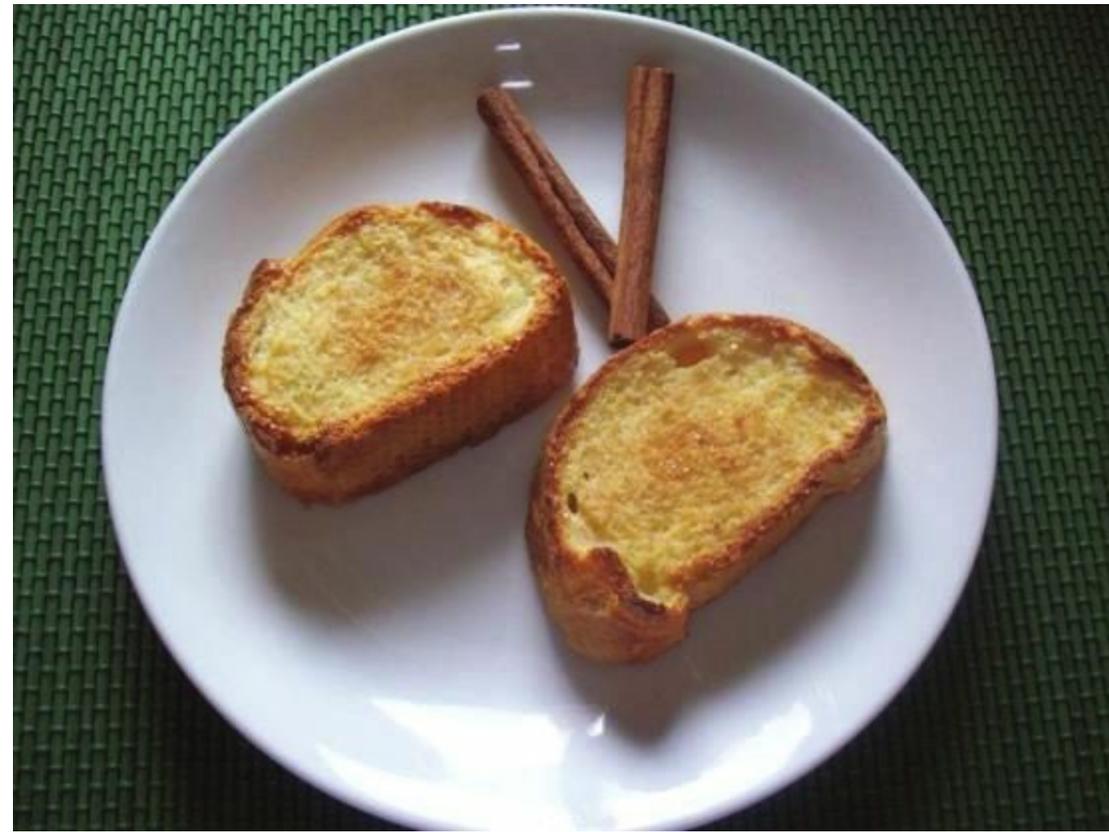
## Ingredients

- 2 cups water
- 1 tablespoon better than bouillon beef base
- 2 teaspoons better than bouillon beef base
- ½ celery
- ½ small onion
- 1 pinch thyme
- salt and pepper

## Directions

1. Add all ingredients into sauce pan.
2. Leave the celery and onion in big chunks for easy removal.
3. Simmer until the vegetables are done.
4. Strain, place in small bowls and enjoy.

# Baked Cinnamon Sugar French Toast



## Ingredients

1/2 cup butter or 1/2 cup margarine  
1 loaf French bread, sliced 1", thick  
4 eggs  
1 teaspoon vanilla  
1 tablespoon sugar  
2 cups milk

## Directions

1. Preheat oven to 350°.
2. Place butter on 10x15 baking sheet and melt in oven.
3. Remove pan from oven and sprinkle with a mixture of sugar and cinnamon (as much as you like).
4. Beat together rest of ingredients and dip bread in the batter, letting them soak for a bit.
5. Lay bread slices on sugar cinnamon mixture and bake for 30 minutes.

# French Baguette



## Ingredients

### *Starter Dough*

- 1 ½ teaspoons active dry yeast
- 2 cups lukewarm water (100-110 degrees)
- 2 cups unbleached all-purpose flour

### *Bread*

- 2 cups unbleached all-purpose flour
- 1 ½ teaspoons salt

## Directions

1. Other equipment: unbleached all-purpose flour for kneading, sesame seeds (optional), cornmeal, tray of hot water, razor blade, sheetpan, parchment and Dough scraper.
2. Starter Dough: In a small bowl, mix the yeast in the lukewarm water (do the baby's bottle test on your wrist) and make sure that it bubbles (about 10 minutes).
3. In a bowl large enough for the starter dough to triple, transfer the yeast-water mixture, add the flour a half a cup at a time mixing it in well with a wooden spoon.
4. When the ingredients have been thoroughly combined, the Starter Dough will be quite soupy.
5. Let the Starter Dough rise, covered, in a no-draught spot on the counter (at room temperature) for 7 to 10 hours.

6. Bread: To make the dough, add 1/2 cup of flour to the Starter Dough.
7. Stir with a wooden spoon.
8. Continue to add all but 1/2 cup of the remaining flour, 1/2 cup at a time, stirring all the time.
9. (Note: To make a more rustic bread, use 1/2 c whole wheat flour and 1 1/2 c white flour).
10. You don't have to add all the flour.
11. You know it's enough when the dough comes away from the side of the bowl.
12. It will still be quite sticky.
13. Dust your board or counter with some of the last 1/2 c flour and then scrape the dough out of the bowl.
14. Sprinkle salt over top.
15. Use the extra flour to help you handle the wet dough.
16. Using a dough scraper when the dough sticks to the surface, knead the dough for 10 to 15 minutes until it is smooth and silky (it should feel like your ear lobe when done).
17. Scrape away any dough that is on the board.
18. As you knead, add flour a very little at a time to stop it from sticking.
19. The dough will still be quite loose.
20. Put the dough in a lightly floured bowl.
21. Cover with a damp towel and let rise in a no-draught place for 1 to 1 1/2 hours.
22. When the dough has doubled, deflate the dough by pushing down on it with your fist and turn it out onto the board.
23. Divide it in two equal pieces.
24. Sprinkle or Sift a fine coating of flour on the work surface.
25. Place one ball of dough on the surface and gently pat it down to an even thickness of 1 inch.
26. Do not attempt to deflate every air bubble.
27. Using the heels and palms of your hands, flatten the dough into a crude rectangle measuring about 1 inch thick.
28. Fold the long side farthest from you a little over 2/3 of the way toward you.
29. Using the heel of your hand, gently press the folded edge to seal the dough.
30. Pick up the dough and turn it 180 degrees.
31. Fold over the other long edge of the dough about 2/3 of the way, and seal with the palm of your hand.
32. To make a compact cylinder easy to roll into a baguette shape, use both hands to fold the log in half lengthwise.
33. This time, as you fold, press your thumbs gently inside the fold to create tension on the surface of the log.
34. Using your fingertips, press the edges together to seal the dough into a taut cylinder.
35. This will produce a visible seam running the length of the dough.
36. To roll the dough into a baguette shape, place both hands on the center of the log with your fingers spread apart.
37. Using light uniform pressure, gently roll the dough back and forth into a long snake.
38. Taking care not to stretch the dough, move your hands from the center of the dough to the ends as the loaf begins to lengthen to about 14- 16 inches.
39. If the dough resists rolling, let it rest for 5 minutes before continuing.
40. Put the baguette seam side down on a baking pan that has cornmeal (or parchment) sprinkled on the bottom of the pan.
41. Optional: Wet your hands well and rub the dough.
42. Sprinkle sesame seeds over each baguette.
43. Repeat forming process with the other piece of dough.
44. Cover sheetpan with plastic wrap then

a damp towel and let rise again to almost double (about 45 minutes).

45. Thirty minutes before you are going to bake, turn oven to 500F and Put water into a broiling pan and place it on the bottom rack of the oven.
46. Slash the top of the baguettes with a very sharp knife or razor blade horizontally across the loaf at a slight angle- make cuts at 2-3- inch intervals.
47. Spray the baguettes liberally with water.
48. Put bread in oven and immediately turn the oven down to 450F.
49. Bake the bread on the second lowest rack for 30 minutes or until it is hollow sounding on the bottom.
50. The bread will be done when the internal temperature reaches 200 degrees.
51. Turn off the oven.
52. leave the finished bread in the oven and leave with the door ajar for 5 or 10 minutes.
53. Remove to cool on cooling racks.
54. Wait until the bread is cool before cutting it.

# Basic French Silk Pie



## Ingredients

- 1 graham cracker pie crust or 1 pie crust
- 8 ounces bittersweet chocolate
- 4 large eggs
- ½ cup sugar
- ½ cup cold unsalted butter, cut into chunks
- 2 ½ teaspoons pure vanilla extract
- 2 ½ teaspoons cognac or 2 ½ teaspoons Kahlua or 2 ½ teaspoons Grand Marnier

## Directions

1. Melt chocolate in a double boiler set over simmering water.
2. Set aside to cool to thick but still liquid.
3. Combine eggs and sugar in a double broiler until hot but not scrambled.
4. Remove from heat.
5. With a mixer beat the chocolate into the egg mixture, then beat in the cold butter.
6. Beat for 15 minutes--yes 15 minutes--you wanted silk.
7. Beat in vanilla and booze.
8. Scrape the filling into the shell and chill in fridge for at least 3 hours.
9. Serve with whipped cream.

# Sweet French Dressing



## Ingredients

$\frac{1}{4}$  cup vinegar  
 $\frac{1}{2}$  cup oil  
 $\frac{3}{4}$  cup powdered sugar  
3 tablespoons catsup  
salt and pepper

## Directions

1. Put all together in blender and pulse until smooth. 2. Refrigerate.

# French Breakfast Muffins



## Ingredients

### *Muffins*

- 1/3 cup butter
- 1/2 cup sugar
- 1 egg
- 1 1/2 cups flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg
- 1/2 cup milk

### *Coating*

- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1/2 cup butter, melted

## Directions

1. Preheat oven to 350°F and grease muffin pans.
2. Mix thoroughly butter, sugar, and egg.
3. Stir in flour, baking powder, salt, and nutmeg.
4. Add in milk and stir.

5. Fill muffin pan to about 2/3 full.
6. Bake for 20-25 minutes or until golden brown.
7. While muffins are baking, mix coating sugar and cinnamon.
8. Immediately after baking, roll muffins in melted butter and then in sugar and cinnamon mixture.
9. Serve hot.
10. Enjoy!

# Bread Machine French Style Bread



## Ingredients

- 1  $\frac{1}{4}$  cups water
- 1  $\frac{1}{4}$  teaspoons salt
- 1 tablespoon sugar
- 3  $\frac{2}{3}$  cups all-purpose flour
- 1  $\frac{1}{2}$  teaspoons dry active yeast

## Directions

1. Measure ingredients into baking pan in order listed.
2. Black& Decker Setting 6 (Specialty- French 3H 30M cycle).

# My French Onion Soup



## Ingredients

1/2 cup butter or 1/2 cup margarine  
3 -4 large Spanish onions, sliced thin  
3 tablespoons flour  
3 cans beef broth  
2 beef bouillon cubes  
2 tablespoons brown sugar  
1 tablespoon Worcestershire sauce  
4 1/4 cups water  
salt and pepper  
garlic  
dry garlic bread  
crouton  
mozzarella cheese  
swiss cheese

## Directions

1. In large dutch oven, melt butter.
2. Saute onions until golden brown.
3. Add flour and blend.
4. Add broth, and remaining ingredients.

5. Cover and simmer cook on low at least 3 hours. 6. Serve in ovenproof bowls, with garlic croutons floating

on top.

7. Cover croutons with mozzaarella or swiss cheese and broil until the cheese melts.

8. This also works very well in the crockpot all day on low and freezes well.

# The Best French Salad Dressing



## Ingredients

- 1/2 cup vegetable oil
- 1 cup ketchup
- 1/2-3/4 cup sugar (start with 1/2 cup) 1/2 cup white vinegar
- 1/3 cup minced yellow onion
- 2 teaspoons lemon juice
- 1 teaspoon paprika
- 1/2-1 teaspoon garlic salt (or to taste or use 1-2 teaspoons fresh minced garlic and 1/2 teaspoon white salt)
- 1/2 teaspoon fresh ground black pepper (optional or to taste)
- 2 -3 tablespoons mayonnaise (optional, add in only for a creamy-style French dressing)

## Directions

1. In a large food processor blend all ingredients together until smooth (starting with 1/2 teaspoon garlic salt and 1/2 cup sugar and add in more to taste after mixing).
2. Do not attempt to make this in a small 4-cup blender or you will have the dressing all over your counter!
3. Mix in the mayonnaise (if using) for a creamy-style French dressing.
4. Place in the fridge for a couple of hours before serving.

# Everyday Bread (French Bread) Abm Bread Machine



## Ingredients

- 2  $\frac{1}{4}$  teaspoons yeast
- 4 cups bread flour
- 1  $\frac{1}{3}$  teaspoons sugar
- 1  $\frac{1}{2}$  teaspoons salt
- 1 tablespoon olive oil
- 1 tablespoon clover honey (or any type you prefer)
- 1  $\frac{1}{2}$  cups water

## Directions

1. Add ingredients in the order listed to your bread machine, or follow the manufacturers directions for adding ingredients.
2. Choose the basic cycle with regular or light crust. Rapid cycle will work, too.

# Spanish French Toast

## Ingredients

1 teaspoon cinnamon  
2 eggs  
2 tablespoons milk  
6 -12 thick slices bread (French or Italian ,1-inch thick, day-old bread is better)  
powdered sugar, for dusting

## Directions

1. Beat the eggs, milk and cinnamon together.
2. Dip both sides of the slices of bread in the egg mixture and fry in a heavy skillet over moderate heat until browned on both sides.
3. Dust liberally with powdered' sugar and serve immediately.

# French Breakfast Puffs

## Ingredients

1/3 cup butter, melted  
1/2 cup sugar  
1 egg, lightly beaten  
1 1/2 cups flour  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1/4 teaspoon nutmeg  
1/2 cup milk  
1/4 cup sugar  
1/2 teaspoon cinnamon  
2 tablespoons butter, melted

## Directions

1. With a mixer beat butter, 1/2 cup sugar, and egg until well blended.
2. Combine flour and next 3 ingredients; add to butter mixture alternately with milk.
3. Spoon into mini muffin tins filling two-thirds full. 4. Bake 350 for 14-16 minutes.
5. Remove immediately from tins.
6. Combine 1/4 cup sugar and cinnamon.
7. Dip tops of muffins in melted butter and then in the sugar mixture.

# Marianne Baguette - Traditional Rustic French Bread



## Ingredients

1 ½ teaspoons dried yeast  
500 g organic strong white bread flour  
1 ½ teaspoons natural sea salt  
1 tablespoon honey  
25 g organic butter  
350 ml milk

## Directions

1. Put the ingredients into the bread machine. Set to the dough programme and start. Grease a large baking tray & Pre-heat oven to 220C/400°F.
2. Once the dough is ready, turn it out onto a floured surface and punch it down to deflate it. Shape dough into two long "baguette" shaped loaves and place on the baking sheet. Cover loosely with lightly oiled clingfilm and leave to rise for about 30 minutes until doubled in size.
3. Meanwhile, place an oven proof bowl containing water on the bottom of the oven to heat up. (About 250mls).
4. Sprinkle top of dough with flour, then using a sharp knife cut 5 diagonal small slits across the tops

of the baguettes.

5. Bake for 15 minutes then reduce temperature to 190C/375F and bake for a further 10 - 15 minutes. (If they start browning too quickly, cover loosely with foil on top.).
6. Transfer to wire rack to cool.
7. Eat immediately.

# French Croissant



## Ingredients

- 3 tablespoons flour
- 1 ½ cups butter
- 4 cups flour
- 2 teaspoons salt
- 2 tablespoons sugar
- 2 (7 g) packages dry yeast
- ¼ cup warm water
- 1 ½ cups milk, warmed to 80 F to 90 F (27 C to 32 C)
- ½ cup half-and-half, warmed
- 1 egg
- 1 tablespoon water

## Directions

1. (¾ pound) of butter and margarine, equally divided and softened at room temperature.
2. Sprinkle 3 Tbsp flour over butter and blend together on the work surface. On a length of foil, fashion a 6" square of soft butter; fold over the sides of the foil to enclose. Place in the refrigerator to chill for 2 to 3 hours.
3. While the butter is chilling, prepare the dough. To mix by hand, in a large mixing or mixer bowl, blend 2 cups of the flour with salt and sugar. Dissolve yeast in warm water and add it and the warmed milk and half-and-half to the flour mixture. Stir with a wooden spoon or the flat blade of an electric

mixer to thoroughly blend the batterlike dough, about 2 minutes.

4. Stir in additional flour, 1/4 cup at a time, to make a soft but not sticky dough (it will stiffen when chilled.) Knead by hand or under a dough hook for 5 minutes to form a solid mass.

5. If using a food processor, attach the steel blade. Place 2 cups flour in the work bowl and add the dry ingredients. Pulse to mix. Pour the 1/4 cup water, milk, and half-and-half through the feed tube. Pulse once or twice to be certain that all dry ingredients are moistened. Add the balance of the flour, 1/2 cup at a time, turning the machine on briefly after each addition. When the mixture forms a mass and begins to clean the sides of the bowl, knead for 30 seconds. Don't overknead! 6. This begins the process of cooling the dough and at the same time allowing it to rise. Cover the bowl with plastic wrap and place in the refrigerator for at least 1 hour.

7. Determine that both butter and dough are about the same temperature — 65°F (23°C) is ideal. The block of butter should bend but not break (too cold) nor be oily (too warm) when bent slightly. This may mean taking the butter out of the refrigerator an hour or so early to reach workable temperature. Likewise for the dough. Place the dough on a floured work surface and with the hands press it into a 10" square. Unwrap the block of butter and lay the block diagonally on the dough. Bring each point of dough into the center, overlapping the edges at least 1". Press the dough into a neat package. With a heavy rolling pin, roll the dough into a rectangle, approximately 8" x 18". This dimension is not critical. 8. Caution: If the butter seems to be breaking into small pieces under the dough rather than remaining solid, allow the dough/butter to warm a few minutes. But if the butter softens, becomes sticky, and oozes while making the turns, put the dough back into the refrigerator for several minutes.

9. Fold the length of dough into thirds, as for a letter. Turn so that the open ends are at twelve and six o'clock. Roll again into a rectangle. This time, fold both ends into the middle and then close, as one would a book. The dough will now be in 4 layers. Wrap the package of dough in a cloth (an old tea towel is good) that has been soaked in cold water and wrung dry. Place the wrapped dough in the refrigerator to relax and chill for 1 or 2 hours. 10. Remove the dough from the refrigerator and place on the floured work surface. Unwrap, roll out, and fold in thirds, as for a letter. This is the final turn before it is rolled out and cut into croissants. Dampen cloth again and wrap loosely around the dough. Place the package in a plastic bag so moisture will be retained (not pulled out of the cloth). Leave in the refrigerator 4 to 6 hours or overnight.

11. Mix together the egg and 1 Tbsp of water. Have ready the egg wash, a knife or pastry cutter, and a wooden yardstick if you wish the pieces to be cut precisely otherwise, plan to cut them freehand. You may have or can borrow a French croissant cutter that cuts the dough into triangles.

12. Sprinkle work surface with flour. Roll the dough until it is a generous 10"-x-38" rectangle, and, most importantly, about 1/4" thick. This is a crucial dimension, since it determines the size and texture of the croissants. Trim irregularities to make the strip uniform in width. Cut the strip lengthwise to make two 5" pieces. Mark the strip into triangles, 5" wide on the bottom. Using a yardstick as a guide, cut through the dough with a pastry or pizza cutter or knife. Separate the triangles, place them on a baking sheet, and chill for 15 to 20 minutes. Roll the dough into the traditional croissant shape, by rolling the triangle from the bottom to the point.

13. Place the croissants on a baking sheet and allow to rise for 1 to 2 hours, in which they will double in volume.

14. Preheat the oven to 425°F (220°C). Bake the croissants for 22 to 25 minutes. Allow them to cool on a rack before serving.

15. Yield: 24 to 30 croissants.

# Easy Night Before French Toast Raphael



## Ingredients

- 6 cups white bread, crusts removed, cut into 1 inch cubes
- 6 ounces cream cheese, cut into small cubes
- 6 eggs, well beaten
- 1 cup milk
- $\frac{3}{4}$  teaspoon cinnamon
- $\frac{1}{3}$  cup maple syrup

## Directions

1. Put half the bread into the bottom of a greased 9 x 11 pan.
2. Dot cubed cheese on top.
3. Cover with the rest of the bread.
4. Combine remaining ingredients and pour over bread mixture.
5. Cover and refrigerate overnight.
6. Bake at 375 degrees for 45 minutes in the morning.
7. Drizzle with more syrup over top when finished baking.
8. Serve while hot.
9. Another variation is to add a layer of your favourite fresh fruit.
10. (peaches, blueberries, apples) on top the first layer of bread cubes.

# French Dip Roast Beef Sandwiches



## Ingredients

- 3 -4 lbs beef bottom round steaks or 3 -4 lbs rump roast
- 2 envelopes onion soup mix
- 3 cans beef broth
- 1 (12 ounce) can beer
- 1 small onion, quartered
- 12 italian rolls or 12 kaiser rolls

## Directions

1. Preheat oven to 350 degrees.
2. Place roast in a large roasting pan.
3. Combine soup mix, broth and beer in a bowl and stir until soup mix is dissolved.
4. Pour over roast and place onions around it.
5. Bake for 2 to 3 hours, basting frequently, or until beef is tender and looks stringy when pulled with a fork.
6. If roast starts getting too crispy, cover pan with foil or lid.
7. Slice meat thinly and serve on rolls.
8. Serve juices in individual cups or bowls to dip sandwiches into.

# French-Italian Salad Dressing Mix



## Ingredients

### *Mix*

- 3 tablespoons granulated sugar
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon ground pepper
- $\frac{1}{2}$  teaspoon dry mustard
- $\frac{1}{2}$  teaspoon paprika
- $\frac{1}{2}$  teaspoon dried oregano leaves, crushed
- $\frac{1}{8}$  teaspoon instant minced garlic
- 1  $\frac{1}{2}$  teaspoons dried onion flakes

### *Dressing*

- $\frac{1}{2}$  cup canola oil
- $\frac{1}{4}$  cup red wine vinegar
- $\frac{1}{2}$  cup ketchup

## Directions

1. Mix all the dry ingredients together.
2. Keep in airtight package until ready to use (The dressing is intended so that you can make several "packets" to

keep on hand. The "packet" refers to one recipe of the seasoning mix)

3. Can be stored for up to 6 months.

4. When salad dressing is needed, combine 1 packet of mix with oil, vinegar and ketchup in a blender at high speed for about 7 seconds.

5. Pour into a 2-cup container with tight fitting lid and allow to stand at room temperature for about 5 hours.

6. Refrigerate 30 minutes before serving.

7. Pour over salad and enjoy.

# Vanilla French Toast



## Ingredients

6 slices cinnamon raisin bread

$\frac{1}{2}$  cup low-fat vanilla yogurt

$\frac{1}{4}$  cup low-fat milk

2 eggs

$\frac{1}{4}$ teaspoon ground cinnamon  $\frac{1}{4}$ teaspoon ground nutmeg 1 teaspoon vanilla extract salt

## Directions

1. In a mixing bowl, beat together eggs, yogurt, milk, salt, spices and vanilla extract.
2. Heat a lightly oiled griddle or skillet over medium-high flame.
3. Dunk each slice of bread in egg mixture, soaking both sides; don't just dip them in quickly.
4. Place in pan, and cook on both sides until golden.
5. Serve hot and top with yogurt or fresh berries.

# Rich French Onion Soup



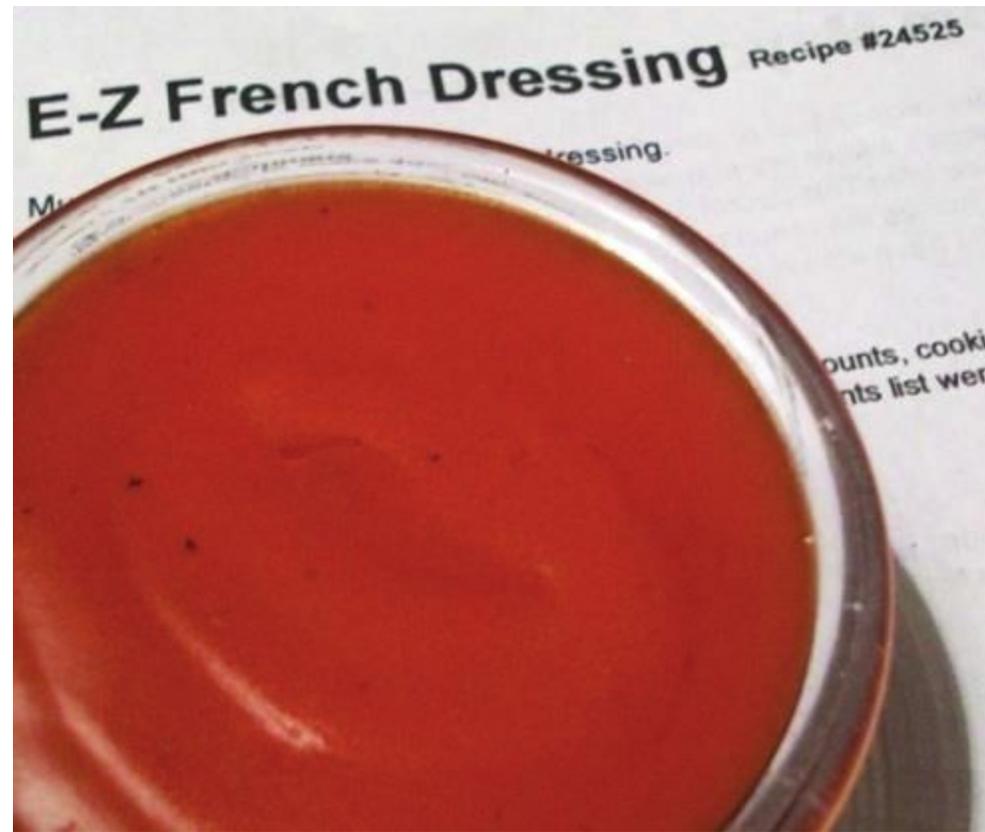
## Ingredients

6 large onions, chopped  
½ cup butter  
6 (10 1/2 ounce) cans condensed beef broth, undiluted  
1 ½ teaspoons Worcestershire sauce  
3 bay leaves  
10 slices French bread, toasted  
shredded parmesan cheese  
shredded mozzarella cheese

## Directions

1. In a large skillet, sauté onions in butter until crisptender.
2. Transfer to an ungreased 5-quart slow cooker/crock pot.
3. Add the broth, Worcestershire sauce, and bay leaves.
4. Cover and cook on low for 5 to 7 hours or until the onions are tender.
5. Discard bay leaves.
6. Top each serving with french bread and cheeses.

# E-Z French Dressing



## Ingredients

- 1 cup corn oil
- 1 cup ketchup
- $\frac{1}{2}$  cup sugar
- $\frac{1}{4}$  cup white vinegar
- $\frac{1}{4}$  cup water
- 1 teaspoon garlic salt
- 1 teaspoon black pepper
- $\frac{1}{4}$  teaspoon salt

## Directions

1. Put all ingredients in blender or food processor; blend until well mixed

# French Fry Sauce (Utahstyle) or Sauce for French Fries



## Ingredients

1 cup Miracle Whip

$\frac{1}{2}$  cup ketchup

## Directions

1. Mix all ingredients well.
2. Refrigerate until use.
3. Use as a dipping sauce for French fries.

# French Onion Soup



## Ingredients

- 1/4 cup butter
- 3 medium white onions, sliced
- 3 (14 ounce) cans beef broth (Swanson is best)
- 1 teaspoon salt
- 1/4 teaspoon garlic powder
- 3 tablespoons parmesan cheese, grated
- 6 -12 slices French bread (baguette)
- 6 slices swiss cheese
- 6 slices mozzarella cheese
- 6 tablespoons parmesan cheese, shredded

## Directions

1. Sauté onions in melted butter in a large soup pot or saucepan for 15 to 20 minutes or until onions begin to brown and turn transparent.
2. Add beef broth, salt and garlic powder to onions. 3. Bring mixture to a boil, then reduce heat and simmer uncovered for 1 hour. Add the grated parmesan cheese in the last 10 minutes of cooking the soup.
4. When soup is done, preheat oven to 350 degrees and toast the French bread slices for about 10 to 12 minutes or until they begin to brown. When bread is done, set oven to broil.

5. Build each serving of soup by spooning about 1 cup of soup into an oven-safe bowl. Float a toasted slice or two of bread on top of the soup, then add a slice of Swiss cheese on top of that.
6. Place a slice of mozzarella on next and sprinkle 1 tablespoon of shredded parmesan cheese over the top of the other cheeses.
7. Place the soup bowl on a baking sheet and broil for 5 to 6 minutes or until the cheese begins to brown.

# Fluffy French Toast



## Ingredients

- 1/4 cup all-purpose flour, plus
- 2 tablespoons all-purpose flour
- 1 1/2 cups milk
- 1 teaspoon salt
- 5 eggs
- 2 teaspoons ground cinnamon
- 2 teaspoons vanilla extract
- 2 tablespoons white sugar
- 18 slices bread, thick slices

## Directions

1. Measure flour into a large mixing bowl. Slowly whisk in the milk. Whisk in the salt, eggs, cinnamon, vanilla extract and sugar until smooth.
2. Heat a lightly oiled griddle or frying pan over medium heat.
3. Soak bread slices in mixture until saturated.
4. Cook bread on each side until golden brown.
5. Serve hot.

# Chicken French



## Ingredients

- 1 lb boneless skinless chicken breast
- 2 eggs
- 1/4 cup parmesan cheese
- 1 tablespoon fresh parsley, chopped fine salt and pepper
- 1/2 cup flour
- 1/4 cup olive oil
- 2 tablespoons butter
- 1 -2 minced garlic clove
- 1 cup chicken broth
- 1/2 cup white wine
- 1/4 cup lemon juice

## Directions

1. Mix together eggs, cheese and parsley.
2. Between two sheets of plastic wrap, pound chicken thin.
3. Lightly salt and pepper chicken.
4. Dredge chicken in flour, then dip in beaten egg mixture.
5. Fry in olive oil until brown on both sides.
6. Remove chicken to platter.

7. In same skillet, saute garlic lightly, then add wine and bring to boil.
8. Add broth and lemon juice.
9. Lastly, stir in butter.
10. Add chicken back to pan and bring to boil.
11. Simmer for about 3 minutes.

# The Classic French Bistro Sandwich - Croque Monsieur



## Ingredients

8 slices white bread  
4 ounces butter, softened  
4 slices ham  
4 slices gruyere cheese 2 eggs, slightly beaten 1 tablespoon water  
salt  
fresh ground black pepper

## Directions

1. Spread the bread with some of the softened butter, make 4 sandwiches, each with one slice of ham and one slice of cheese. Press them firmly together.
2. Beat the eggs with the water, add the salt and pepper to taste, and dip the sandwiches into the egg mixture, coating all sides well.
3. Heat the rest of the butter in a heavy- bottomed frying pan/skillet, when it has melted and is very hot - but not brown, fry the sandwiches for about 5 - 8 minutes, turning once.
4. Serve immediately.
5. If you prefer, although it is not traditional, you may place the croque-monsieur into a very well-

buttered baking pan and bake in a moderately hot oven - 175°C/350°F - turning once, for about 10 to 15 minutes. It is easier to prepare a larger number this way and keep them warm until you are ready to serve them.

# French Toast Extraordinaire



## Ingredients

- 12 slices French bread (use good quality fresh bread)
- 8 ounces cream cheese
- 6 ounces tomato jam (may be found at specialty stores) or 6 ounces your favorite jam
- 6 eggs
- 1 quart whole milk
- 2 teaspoons vanilla extract
- $\frac{1}{4}$ teaspoon ground cinnamon
- 1 pinch salt
- 2 tablespoons brown sugar (for sweetness)
- $\frac{1}{8}$  teaspoon nutmeg, freshly ground
- 1 tablespoon lemon juice
- $\frac{1}{4}$  teaspoon sugar
- $\frac{1}{4}$  teaspoon ginger

## Directions

1. Make cream cheese and jam sandwiches. 2. For batter, beat together eggs, milk, vanilla, cinnamon, brown sugar, salt and nutmeg; Fold in lemon juice, sugar and ginger.
3. On griddle or non-stick pan melt butter.

4. Dip the top and bottom of the sandwiches in batter and pan fry until golden brown on each side, just like you would when making french toast.
5. Remove from heat and cut sandwiches in half.
6. Arrange on plate with favorite fruit accompanied with sausage or bacon or perhaps ham.

# Cinnamon French Toast Bake



## Ingredients

- 1/4 cup butter or 1/4 cup margarine, melted
- 2 (12 1/2 ounce) cans refrigerated cinnamon rolls
- 6 eggs
- 1/2 cup heavy whipping cream
- 2 teaspoons ground cinnamon 2 teaspoons vanilla
- 1 cup chopped pecans
- 1 cup maple syrup

## icing

- icing, from cinnamon rolls powdered sugar
- 1/2 cup maple syrup, if desired

## Directions

1. Heat oven to 375°F Pour melted butter into ungreased 13x9-inch (3-quart) glass baking dish. Separate both cans of dough into 16 rolls; set icing aside. Cut each roll into 8 pieces; place pieces over butter in dish.
2. In medium bowl, beat eggs. Beat in cream, cinnamon and vanilla until well blended; gently pour over roll pieces. Sprinkle with pecans; drizzle with 1 cup syrup.
3. Bake at 375°F for 20 to 28 minutes or until golden brown. Cool 15 minutes. Meanwhile, remove covers from icing; microwave on Medium (50%) for 10 to 15 seconds or until drizzling consistency.

4. Drizzle icing over top; sprinkle with powdered sugar. If desired, spoon syrup from dish over individual servings. Serve with the additional 1/2 cup maple syrup.

# Traditional Artisan Style Baguette - Rustic French Bread



## Ingredients

- 1 (1/4 ounce) packet active dry yeast
- 1 tablespoon organic honey
- 1 1/2 cups warm water
- 2 teaspoons natural sea salt
- 4 -4 1/2 cups unbleached all-purpose flour

## Directions

1. Place the yeast, honey and warm water in a large bowl and let stand until foamy, about 5 minutes.
2. In a separate bowl, whisk together the salt and the flour. Use a wooden spoon to stir 2 cups of the flour mixture into the yeast mixture; stir in the remaining flour mixture (dough will be stiff).
3. Turn out onto a lightly floured work surface. Knead with floured hands until dough is smooth and elastic, about 5-7 minutes. Add a little flour, 1 tablespoon at a time as necessary, to prevent dough from sticking.
4. Place in an oiled bowl, turning once to coat. Cover with plastic wrap (or a clean kitchen towel) and leave to rise until doubled in bulk, about 1 1/2 hours.
5. Preheat oven to 400F degrees.
6. Gently punch dough down to deflate it and shape into two oblong baguettes. Dust tops lightly with flour and place on a lightly greased baking sheet; let rise uncovered for 30 minutes.

7. Use a serrated knife to cut 3-5 small diagonal slits across the tops of the baguettes, and lightly sprinkle with cool water.
8. Bake in the middle of oven for 25-30 minutes, until golden. Transfer to a rack to cool.
9. Best eaten the same day.

# French Dip Roast Beef for the Crock Pot



## Ingredients

- 3 ½-4 lbs boneless chuck roast
- ½ cup soy sauce
- 1 beef bouillon cube
- 1 bay leaf
- 3 -4 peppercorns
- 1 teaspoon dried rosemary, crushed
- 1 teaspoon dried thyme
- 1 teaspoon garlic powder
- 12 French rolls, split

## Directions

1. Place roast in a 5-quart slow cooker.
2. Combine soy sauce and next 6 ingredients.
3. Pour over roast.
4. Add water to slow cooker until roast is almost covered. 5. Cook, covered, on LOW for 7 hours or until very tender. 6. Remove roast, reserving broth.
7. You may shred roast with a fork and serve on sandwich rolls with the broth on the side for dipping.

# Caramelized French Toast



## Ingredients

4 tablespoons butter, divided  
6 eggs  
 $\frac{1}{2}$  cup milk  
 $\frac{1}{8}$  teaspoon salt  
8 slices bread  
1 cup brown sugar  
 $\frac{1}{2}$  cup water

## Directions

1. Melt two tablespoons of butter in a frying pan or skillet over medium high heat.
2. Beat together eggs, milk and salt.
3. Dip bread one at a time into egg mixture and fry until light brown and egg is cooked.
4. After 4 slices of bread have been cooked, melt remaining 2 tablespoons butter.
5. Cook remaining bread slices until light brown on both sides and egg is cooked.
6. After all bread slices have been cooked and removed from pan, add brown sugar to pan. Stir until melted and sticky.
7. Add water and stir.
8. Place French toast in caramel sauce. Turn to coat, then remove from pan. Serve.

# French Apple Yogurt



## Ingredients

- 3 cups diced apples
- 2 cups plain low-fat yogurt (drain off liquid)
- 1 teaspoon vanilla
- ½ teaspoon cinnamon
- 2 teaspoons brown sugar (if apples are tart or use 1-2 tsp. honey)

## Directions

1. Cook the apples in 1/2 cup water 5 to 10 minutes, or until soft.
2. Reserve one cup and put the rest into blender with one cup yogurt, vanilla, cinnamon, and brown sugar.
3. Blend very briefly.
4. Mix all ingredients together. This makes about a quart. Enjoy!