

Savoury French toast

Serves 4

Preparation and cooking time approx. 10-15minutes

Ingredients

- 3 eggs
- 100ml or half a cup of milk
- 2.5 grams salt
- 8 slices sliced white bread
- 4 slices cooked ham
- 4 slices mild cheese
- 50ml vegetable oil, for frying
- tomato ketchup or brown sauce, to serve

Method

1. Put the eggs into a shallow bowl, wide enough to take a slice of bread, and add the milk, salt, mix well and leave.
2. Sandwich the slices of bread together with the ham and cheese. Dip them into the egg mixture.
3. Put a frying pan on the hob with a thin layer of oil on the base.
4. Take one of the sandwiches and fry on a medium heat for 3 minutes, until it has a golden-brown colour and the cheese begins to melt. Turnover and cook for another 3 minutes, pressing lightly with a spatula to help seal the bread, then pop the sandwich onto a plate. When they're all done, cut them in half.
5. Add some more oil to the base of the pan and repeat with the other sandwiches, dipping and frying in the same way.
6. Serve hot, with a dollop of ketchup or brown sauce
7. **Please ensure Savoury toast is served piping hot**

PLEASE BE AWARE OF THE SAFETY ASPECT, AND KEEP YOUR CHILDREN AWAY FROM HOT PANS AND OVENS