

Joy of Cooking® Kitchen

BASICS FROM THE

by *Ethan Becker*

(NAPS)—Americans eat French Toast for breakfast, but the French serve it for dessert (and call it *pain perdu*, or lost bread). This oven-baked version that's toasty on one side and syrupy on the other is a favorite in the *Joy of Cooking Kitchen* because it is scrumptious and easy to prepare.

Honey-Bun French Toast rescues yesterday's bread by soaking it in an egg mixture before cooking. In a departure from tradition, this recipe is milk-free and calls for baking rather than frying, with delicious results.

Honey-Bun French Toast

Preheat oven to 400° F.

In a 12x9-inch glass baking pan, place:

4 tablespoons (½ stick) unsalted butter

3 tablespoons honey

Heat in the oven until the butter is melted and the honey is bubbling. Do not allow the mixture to take on any color. Remove pan from the oven, stir to mix the honey and butter, and sprinkle over the surface:

1 cup chopped pecans

While the butter and honey are melting, whisk together in a shallow bowl:

⅔ cup apple cider

4 large eggs

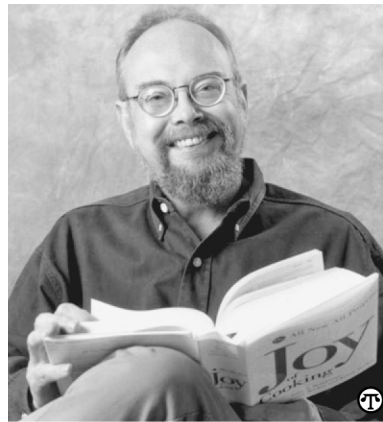
¼ teaspoon cinnamon

¼ teaspoon salt

pinch of ground allspice (optional)

One or two at a time, add:

6 thick slices white or egg bread, with or without crusts



Ethan Becker is co-author of the *Joy of Cooking*.

Turn the slices in the egg mixture until thoroughly saturated, but not falling apart. Arrange soaked bread over the nuts in the baking pan. Bake until the top is golden brown and the bottom is bubbly, 15–20 minutes. Serve immediately with:

Honey or pure maple syrup

For a festive touch, garnish with fresh berries, peach or nectarine slices, sliced bananas, toasted almonds or powdered sugar.

*Ethan Becker is co-author of the **JOY OF COOKING** and the new **JOY OF COOKING: ALL ABOUT** illustrated cookbook series, published by Scribner.*

*A Cordon Bleu trained chef, Ethan lives in Cincinnati where he enjoys developing new recipes, teaching culinary classes and cooking for family and friends in the **Joy of Cooking Kitchen**.*

Write to Ethan at P.O. Box 30055, Cincinnati, OH 45230 or via e-mail at joykitchen@aol.com.

----- ✂ -----
Note to Editor: This is the 4th in a series of monthly articles.