



French Toast

From *Dirty Gourmet Plant Power: Food for Your Outdoor Adventures* by Aimee Trudeau, Emily Nelson, and Mai-Yan Kwan

Makes 4 servings

Cooking time: 15 minutes

Tools

Camp stove or embers
Shallow bowl
Fork
Skillet or griddle
Spatula

2 tsp cinnamon
1 1/2 cups plant milk
2 Tbsp maple syrup
2 tsp vanilla extract
3-6 Tbsp plant butter or oil
8-10 slices thick-sliced bread

Ingredients

1 cup raw chickpea flour (besan)
1/2 tsp salt, or black salt (kala namak) for extra
eggy flavor

For serving (optional)

Maple syrup
Plant butter
Fresh fruit and/or berries

At home

Combine the chickpea flour, salt, and cinnamon in a sealable container.

At camp



1. Arrange a relatively clean cooking preparation area away from any raw meat and eggs you may also have brought.

2. Wash your hands.

3. Use a fork to stir together the chickpea flour mixture, milk, maple syrup, and vanilla in a shallow bowl.

4. Heat a skillet or griddle over medium-high heat. Melt about a tablespoon of butter or oil in the skillet.

5. Dip both sides of a slice of bread in the batter, then place in the hot skillet. (If skillet is not hot enough, the batter will stick. Oil should be sheeting in the pan.)

6. Cook for 3-4 minutes, then flip the bread over. Cook for another 3-4 minutes, or until the batter is completely cooked and the toast is lightly browned.

7. Continue dipping and cooking the additional slices of bread, adding more butter to the skillet as needed. Make more batches as needed - check to see if more is needed.

8. Serve hot with butter, maple syrup, and fresh fruit.



