

The Culinary Institute of America

Recipe: 000110 HFHK Apple French Toast

Recipe Source: Jeremy West
 Recipe Group: BREAKFAST

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 24
 Size of Portion: 1 slice

R000111 HFHK Cinnamon Raisin Topping.....	24 (1/3 Cup)	1. One-half gallon of the cinnamon raisin topping provides enough for 24 servings. Allow topping to come to room temperature and place in squeeze bottle(s) for students to use as a condiment.
001145 BUTTER,WITHOUT SALT..... 009004 APPLES,RAW,WITHOUT SKIN..... 002021 GINGER,GROUND.....	1/4 CUP 4 medium (3" dia) 1/4 TSP	2. Cut apples in half and remove cores. Cut each half into 1/4-inch slices (about 20 slices per apple). 3. In a saucepan over medium-high heat, melt butter until it begins to bubble. Add apples and ginger and cook until apples slightly brown and soften.
009016 APPLE JUC,CND OR BTLD,UNSWTND,WO/ VIT C....	3 CUP	4. Add apple juice and simmer until juice reduces to a syrup and coats the apple slices, about 5 minutes (reduce heat as needed). For CCP: Heat to 135°F or higher. Hold for hot service at 135°F or higher.
001145 BUTTER,WITHOUT SALT.....	1/3 CUP + 2 TSP	5. Preheat convection oven to 425°F. 6. Spray sheet pan(s) with cooking spray and cover with parchment paper. 7. Drizzle melted butter evenly over the parchment paper (6 tbsp per pan).
902004 EGG SUBSTITUTE,LIQUID..... 001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... 002050 VANILLA EXTRACT..... 002047 SALT,TABLE..... 002010 CINNAMON,GROUND.....	2 CUP 2 CUP 1 TBSP 1 dash 1 TSP	8. Combine egg, milk, vanilla, salt, and cinnamon in a steamtable pan.
018967 BREAD,WHEAT,WHITE WHEAT.....	24 slice	9. Dip each piece of bread into the custard mixture until moist but not soggy. 10. Arrange dipped bread sliced on prepared sheet pan(s). (4 by 6) 11. Bake 10 to 15 minutes until browned and internal temperature reaches 155°F. Rotate pans 90° once during baking time. 12. Serve French Toast with sauteed apples as noted below. 13. Serving size: 1 slice French toast with 3 apple slices. For CCP: Heat to 155°F or higher for at least 15 seconds. Hold for hot service at 135°F or higher.

*Nutrients are based upon 1 Portion Size (1 slice)

Calories	*262* kcal	Cholesterol	*13.93* mg	Protein	*7.12* g	Calcium	*251.23* mg	*22.45%*	Calories from Total Fat
Total Fat	*6.52* g	Sodium	193.78 mg	Vitamin A	*104.68* RE	Iron	*2.47* mg	*12.10%*	Calories from Saturated Fat
Saturated Fat	*3.52* g	Carbohydrates	*45.49* g	Vitamin A	*284.96* IU	Water ¹	*126.63* g	*0.03%*	Calories from Trans Fat
Trans Fat ¹	*0.01* g	Dietary Fiber	*4.28* g	Vitamin C	*3.03* mg	Ash ¹	*1.68* g	*69.56%*	Calories from Carbohydrates
								10.88%	Calories from Protein

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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz		Y - Milk	N - Peanut	
Grain..... 1 oz		Y - Egg	N - Tree Nut	
Fruit..... 0.125 cup		Y - Wheat	N - Fish	
Vegetable..... cup			N - Shellfish	
Milk..... cup			N - Soy	
<u>Moisture & Fat Change</u>				
Moisture Change..... 0%				
Fat Change..... 0%				
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
R	000111	HFHK Cinnamon Raisin Topping			
I	001145	BUTTER,WITHOUT SALT			
I	009004	APPLES,RAW,WITHOUT SKIN			
I	002021	GINGER,GROUND			
I	009016	APPLE JUC,CND OR BTLD,UNSWTND,WO/ VI			
I	001145	BUTTER,WITHOUT SALT			
I	902004	EGG SUBSTITUTE,LIQUID			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			
I	002050	VANILLA EXTRACT			
I	002047	SALT, TABLE			
I	002010	CINNAMON,GROUND			
I	018967	BREAD,WHEAT,WHITE WHEAT			

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