

# MASTER CHEF NYU



The Ultimate Cooking Showdown!



## Team: Flying Guppies

Spiced whole wheat French toast sticks with honey-vanilla-lemon dipping sauce and a peach fruit salad with orange and lemon juice

1 loaf whole wheat bread	1 Tbsp allspice
2 cups skim milk	$\frac{3}{4}$ cup honey
1 Tbsp ground ginger	3 lemons
4 cups non-fat plain yogurt	6 peaches
1 cup sugar	3 oranges
3 Tbsp cinnamon	1 cup real maple syrup
4 Tbsp vanilla	1 tsp salt
8 eggs	3 Tbsp vegetable oil
1 Tbsp nutmeg	$\frac{1}{2}$ cup confectioner's sugar

### Cooking Instructions

French toast sticks with honey-vanilla-lemon dipping sauce:

1. Combine in a bowl:  $\frac{2}{3}$  cup milk, 4 egg whites,  $\frac{1}{2}$  tsp. ground ginger, 2 T. agave syrup, 1 tsp. cinnamon, 1 tsp. vanilla,  $\frac{1}{2}$  tsp. allspice,  $\frac{1}{2}$  tsp. nutmeg,  $\frac{1}{4}$  cup yogurt, and  $\frac{1}{4}$  tsp. salt,  $\frac{1}{4}$  c unsweetened applesauce. Whisk together and set aside.
2. Combine in a bowl: 2 cups non-fat yogurt, 2 Tbsp. honey,  $\frac{1}{2}$  squeezed lemon,  $\frac{1}{2}$  tsp. vanilla. Mix together and set aside in 3 little bowls.
3. Soak both sides of 6 slices of whole wheat bread (crusts removed) that have been sliced into "sticks" in the milk and egg mixture (step 1). Brown each side on a minimally oiled pan.
4. Arrange on 3 long and narrow plates. Serve each plate with 3 little bowls lined up next to the French toast: the honey-vanilla-lemon dipping sauce (step 2), warmed maple syrup, and the peach fruit salad (recipe below). Sprinkle with the French toast sticks with confectioner's sugar.

Peach fruit salad:

1. Slice 4 peaches into wedges.
2. Squeeze 2 oranges and 1 lemon over the wedges and add 1 T. honey. Mix together.
3. Separate into 3 bowls and serve.