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Eggy Bread

Bread dipped in egg and fried

We often served this up on camp. The kids loved it and it helped spin the eggs out. It's easily fried on the hob or a camp stove and there's not much washing up. The bread in the photo is our own home-made white. You can substitute wholemeal or any other bread you fancy.

4 slices of bread (see Tip)

2 eggs

milk

1 Tbsp olive oil, or other cooking oil

Salt and pepper (optional)



Beat one egg with about a dessert spoon of milk (plus a shake of salt and pepper if using) in a bowl big enough for a bread slice to sit in the bottom. Dip two slices in this – ensure **both** sides get a good soaking and take up all the egg. Reserve these in a suitable dish. Beat the second egg with milk in the same bowl and repeat the process with the other two bread slices.

If going with the baked beans as we did, heat these and keep warm while frying the bread.

Line a frying pan with baking paper (see Handy Hints – In the Kitchen, Stove top tips: Frying with Paper). Put in the oil and spread evenly with a slice or spatula. Heat on medium low, then fry the bread, turning frequently to achieve a golden brown colour. Serve on warmed plates with whatever else you choose.

Serves 2 with baked beans and/or fresh tomatoes

Tip: if using squares of shop-bought sliced bread, cut each in half before dipping

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