

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

"French toast is a real swinger, going from sweet to savoury without a moment's hesitation! How about some savoury French toast for lunch? Start with a traditional egg and milk dunking mixture, but instead of vanilla, add salt and pepper, spices or herbs. And for the bread, start with a more savoury loaf: olive boule, sun-dried tomato focaccia, onion buns or cheese bread. Fry in olive oil or butter, and instead of topping with maple syrup or fruit, top with a savoury mushroom gravy, bacon and caramelized onion jam, warm tomato sauce or cheese sauce." Signe Langford, Food Editor, Harrowsmith Magazine

## Eggnog French Toast

2 free-run eggs  
2/3 cup (160 ml) Canadiana eggnog, recipe  
(or use organic store-bought)  
2–3 tbsp (30–45 ml) butter for the pan, more as needed  
6 slices of bread, each about 1 inch (2.5 cm) thick

In a wide bowl, whisk the eggs and eggnog until very well blended.

Heat your largest skillet or griddle over medium heat. Add about 2 teaspoons (10 mL) of butter for each batch of bread you fry. Add more as needed if it gets absorbed by the bread too quickly.

Dip the bread slices into the egg mixture, 2 at a time, and press down to submerge and soak. Pull the slices out, let the excess drip off and add to skillet. Fry on each side for about 5 minutes or until golden. The bread will puff up a bit.

Transfer to a tray in a warm oven while you fry up the rest of the slices.

Serve with maple syrup or Maple-Cranberry Sauce or both! What the hey, it's Christmas!



Recipe + photo courtesy of cookbook author, Signe Langford, taken from her book, *Happy Hens + Fresh Eggs* (Douglas & McIntyre Publishers)

Episode #38: Make It A Local Food Christmas

Email Lynn with questions or comments at [lynnogryzlo@gmail.com](mailto:lynnogryzlo@gmail.com)

**Because What You Put In Your Body Matters!**

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## Canadiana Eggnog

1 vanilla bean, split lengthwise and scraped  
3 cups (710 ml) organic 3.5 percent milk  
1 cup (250 ml) organic 35 percent cream  
3 cinnamon sticks, about 2 inches (5 cm) long  
1/2 tsp (2.5 ml) freshly grated nutmeg  
5 free-run eggs, separated  
2/3 cup (160 ml) maple syrup  
3/4 cup (180 ml) Canadian Club rye  
1 tbsp (15 ml) super-fine (berry) sugar  
whipped cream, for garnish (optional)  
maple sugar or maple flakes, for garnish (optional)

Add the vanilla bean and paste to a deep, heavy-bottomed saucepan. Over medium heat, add the milk, cream, cinnamon sticks and nutmeg and whisk to break up the vanilla seeds.

Bring to a gentle boil (this should take about 5 to 10 minutes) then remove from heat. Set aside to allow the flavours to infuse the milk and cream for about 10 minutes. Remove and discard the cinnamon sticks and vanilla bean.

In a large bowl using a whisk, or in the bowl of a stand mixer, beat the egg yolks with the maple syrup until well combined. Very slowly add in the milk and cream mixture a bit at a time to temper the yolks until completely incorporated. Beat constantly so that the egg yolks don't cook and scramble. Add the rye and blend in.

Wipe out a large bowl with a tiny drop of vinegar and a clean rag. Add the egg whites and sugar and with a stand mixer or electric hand beaters, beat the egg whites until peaks form. Add the egg whites to the milk and cream mixture and gently whisk in to combine.

Transfer to an airtight container and refrigerate for at least 3 hours, or until well chilled.

To serve, pour or ladle into small glasses—this stuff is rich! And this might be a tad indulgent, but sometimes and if not at Christmas, then when?—top with a dollop of whipped cream and a sprinkling of grated maple sugar or maple flakes, and perhaps a dash more rye should you be feeling particularly spirited!

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