Pineapple Upside-Down French Toast

Adapted from Gourmet Magazine, back in the 1990s, I think.



Lusciously moist, flavorful and easy.

1/4 cup unsalted butter (1/2 stick)

1/4 cup brown sugar, firmly packed

3/4 cup crushed pineapple, pack & drain well (I use 2 of the short cans)

2 whole eggs

1 1/2 cups milk, combo of low fat and full fat is fine; just don't use nonfat

1/4 teaspoon salt

6 slices King's Hawaiian bread, or egg bread or Challah (I used 6 mini-sub rolls)

2 pinches cinnamon, to sprinkle on top

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 8

You can use fake brown sugar, some egg substitute and low fat milk if desired. Obviously it won't be quite so tasty, or decadent, either!

Notes: If making this with Challah or egg bread, add some sugar to the milk-egg-mixture.

1. Preheat oven to 400°F. In a saucepan melt butter over moderate heat and stir in sugar and pineapple, stirring until sugar is dissolved.
2. In a shallow bowl whisk together eggs, milk and salt.
3. In a baking dish, 9 x 13 inches, spread pineapple mixture evenly over bottom. Dip bread slices into milk mixture in batches and arrange in one layer on top of pineapple mixture. (I place the rolls white side up.) If you have extra spaces in the pan, just mush the bread a little to squeeze in some more slices. It's also fairly easy to mix up a little more egg/milk mixture to make the dish feed more people if you have more bread than you thought. Sprinkle the top with just a couple pinches of cinnamon.
4. Bake French Toast in middle of oven for 20-35 minutes (depending on the thickness of the bread), or until bread is golden brown. Cool in pan for one minute and serve. The French Toast will have risen up high (puffy) and it's really nice to serve this before it deflates, which it will do as soon as it cools down. You can serve this with maple syrup or with sweetened fresh fruit, but the pineapple is the flavor you want to shine through. It really doesn't need any embellishments.

Yield: 1 9x13 pan

Per Serving (excluding unknown items): 264 Calories; 12g Fat (39.8% calories from fat); 7g Protein; 34g Carbohydrate; trace Dietary Fiber; 97mg Cholesterol; 237mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.