

Mexican Sweet Toast—*Torrejas*

Ingredients

½ cup	milk
1 tbsp	granulated sugar
1 tsp	cinnamon
4-6	slices of stale white bread, such as baguette, bolillo, or crusty Italian
2	eggs; whites separated from yolks
4 tbsp	oil

Toppings: Syrups (*piloncillo*, maple, etc.), or/and sugar and cinnamon.

In a shallow bowl or pie plate, mix milk, sugar and cinnamon; place bread in the bowl, preferably on a single layer, and allow the slices to soak for one minute, then flip. Meanwhile, beat the egg whites in a bowl until firm and fluffy; incorporate the yolks, folding softly with a spatula. In a large frying pan, heat up the oil at medium/high; once hot, start dipping the slices of bread, one by one, in the egg batter, then transfer to the pan to fry. Flip the slices once they are golden brown, allowing to cook and brown on the other side; remove from the oil into a colander fitted with paper towels. Serve hot, sprinkling with sugar and cinnamon, and syrup on the side:

