French toast with scrambled eggs on top is one of my favorite foods. I used to make this recipe for my friend Ed when I lived in New York City. At that time, I used Ezekiel Bread made from sprouted grain.

Choosing a Bread
Sprouted grain made from germinated seeds does not have a phytate layer that Weston A. Price chapter members are taught to eliminate with an overnight soak in salt water. Sourdough, that is fermented, has this benefit, but it is accomplished with a starter culture (that bakers use) used to create a ferment.

If you would like to try this recipe and you don't want to purchase a whole loaf of bread, Panera will sell individual slices of sourdough bread. To take pictures for this recipe, I purchased two slices of sourdough bread from Panera (cost $1.25).

Equipment
Large bowl (see photo)
Small side bowl (see photo)
Dinner plate(s) or Side Plate(s)
Skillet
Rubber spatula
Spatula
Fork(s)
Tablespoon for measuring
   (or measuring spoon)

Ingredients
6 Eggs (per person)
Sourdough bread slice
Unrefined Coconut Oil
Spectrum brand organic virgin coconut oil sold at Wal-Mart. Look for the word "unrefined" on the label as Spectrum sells a refined version. Do not buy refined coconut oil (it's hydrogenated)

Large Mainstays bowl from Wal-Mart

Norfolk stoneware bowl (7.5 inches) from Dollar Tree.

Norfolk stoneware dinner plate (10.5 inches) from Dollar Tree.

Norfolk stoneware side plate (7.5 inches) from Dollar Tree.

Eggs in the large Mainstays bowl from Wal-Mart.

**Steps:**

1. Crack open your eggs one-at-a-time into a small bowl to inspect the yolk. Discard any eggs that have black specks.
2. Add the eggs to your large bowl one-at-a-time flipping the yolk over to inspect the rest of the yolk. Discard any eggs (with a spoon) that have black specks.

Note: Six eggs makes approximately 2 large tablespoons of scrambled egg per person. If you need more eggs, you will need additional coconut oil (and some experimentation).
3. Beat your eggs with a fork.
4. Add 2 Tablespoons of unrefined coconut oil to your skillet.
5. Turn the heat on medium.
6. Drop a bread slice into your egg mixture and cover both sides with egg batter.
7. Drop slices of coated bread into the pan and brown 1-2 minutes on each side. Arrange the completed slices on plates (you will be adding scrambled eggs on top).

Tip: The Links page on the Bay Colony Club Weebly site contains an Oneida flatware set sold at Wal-Mart.

Eggs will require about 20 revolutions with a fork.

Small pan with coconut oil.

Slice of Panera sourdough bread in the egg mixture.

Slice of Panera sourdough bread flipped over in the egg mixture.
8. When you have finished making your French Toast slices, you will need let the pan cool and then wipe it out with a paper towel before starting your scrambled eggs.

9. If your pan is still hot when you start your scrambled eggs, you will need to move quickly because the eggs will cook quickly.

When you're ready, add two tablespoons of coconut oil to your pan.

10. Pour your remaining egg mixture into the pan.

11. Use a rubber spatula to move the uncooked liquid to an edge of the pan where the liquid can cook.

12. Keep moving your spatula around and get ready to take the eggs off the stove when there is no more liquid egg mixture.

13. Remove the pan from the heat and use the spatula to divide the scrambled eggs evenly among the slices of French Toast you have prepared.

14. Let your pan cool off and then place it in the sink. You may need to soak the pan before cleaning with a nylon scrubber (see: "Care and Handling for 18/10 Stainless Steel" in my Ketogenic Diet Recipes PDF).

Tip: Rubber spatulas are sold at Wal-Mart, and Dollar Tree stores.
**Additional Notes**

Maple syrup is often served with French Toast. Although real Maple syrup has a wonderful flavor, you should avoid real sugar for the next three years (while we fight parasites).

If you, or someone you cook for, requires a sweet taste, try sprinkling a very small amount of green Stevia on your toast (or eggs) with a confectionery sugar shaker.

If you would like to try cinnamon, look for Ceylon cinnamon which is a superior cinnamon. Most cinnamon sold in the United States is Cassia cinnamon containing coumarin shown to be toxic in large doses (1)(2). Frontier makes Ceylon cinnamon powder that is available through Wal-Mart's Web site.

**References**


Making Creme Fraiche

To make creme fraiche, I use a small Pyrex container, I use a small rectangular glass container that's part of a set you can order from the Wal-Mart Web site called:

Pyrex Storage Plus 3 Piece
Rectangular Storage Dish Set

The smaller container can hold 8 ounces of heavy cream (organic and pasturized—not ultra pasturized—if you can find it). Ultra-pasturized dairy is considered “dead” and not suited for fermentation. If a dairy processor has not used too high a temperature, ultra-pasturized dairy may work (you will need to experiment).

Once you've added the cream, add one tablespoon of buttermilk as a starter culture. The rubber lid for the Pyrex container can be placed on top, but slightly adjar. Leave the mixture on your kitchen counter overnight (for 12 hours). Your creme fraiche will be a creamy solid that looks like the creme fraiche you buy from food stores. Refrigeration will slow down the ferment. When you're ready to refrigerate, attach the Pyrex cover so it is snug.

Tip: Unless you find an organic buttermilk, your dairy product will most likely contain rBGH.

If Organic Valley Buttermilk is not available in your realm, you will need to search for an organic dairy farmer who sells dairy products.
Cheddar Quiche  
(Serves 4)

I developed this quiche recipe using a crust made of oat bran that has twelve minerals. The texture is similar to a graham cracker crust, but it is not sweet.

When organic broccoli is available, this quiche can become a broccoli cheddar recipe with 1/4 cup of very small broccoli florets.

Applegate Naturals Extra Sharp Cheddar slices used in this recipe is available at Publix supermarkets. The Wal-Mart Web site says this cheese is available in Wal-Mart stores. I was very happy to find this product because rBGH-free dairy is not readily available in Florida.

Plan Quiche Contents

If you make a cheddar quiche, you will need one half of an 8-ounce package of cheese. If you add small broccoli florets, you will need to use slightly less cheese (e.g. 2 slices instead of 4).

Equipment

Small sauce pan
Knife, Fork and Tablespoon
9 inch Pyrex pie plate
2 large Mainstays bowls (photo, p. 35)
1 small bowl (see: small Norfolk, p. 35)
Pyrex measuring cup

Ingredients

Oat Bran (e.g. Quaker or Bob's Red Mill)
1/2 stick of rBGH-free butter
3 eggs
Heavy cream (rBGH-free)
1/8 to 1/4 teaspoon sea salt
Extra Sharp Cheddar Cheese

My quiche recipe produces a quiche that is not too tall (due to the oat bran crust). Cut each pie into 4 wide pieces.

Publix stores sell a 6-inch Pyrex pie plate that is useful for re-heating individual pieces of quiche.

Use 1/2 package of Applegate's Extra Sharp Cheddar for a 9-inch pie plate.
**Steps:**

1. Pre-heat your oven to 400 degrees.

2. Place 1/2 stick of butter in the bottom of a sauce pan and turn the heat on low. Keep an eye on the butter and remove from the burner as soon as the butter is melted.

3. Crack open your eggs one-at-a-time into a small bowl to inspect the yolk. Discard any eggs that have black specks.

4. Add the eggs to your large bowl one-at-a-time flipping the yolk over to inspect the rest of the yolk. Discard any eggs (with a spoon) that have black specks.

5. Beat your eggs with a fork and set this bowl aside.

6. Fill your Pyrex measuring cup to the one-cup line with oat bran (use a baggie and rubberband to store the leftover oat bran in your cupboard).

7. Pour the oat bran into one of the large bowls.

8. Add the melted butter to the large bowl of oat bran and stir with a tablespoon until all the oat bran is moist.

9. When you are sure all of the dry oat bran is moistened with melted butter, move this mixture into the Pyrex pie plate.

10. Using the back of your tablespoon, press the oat bran around the bottom

Tip: Most of the tempered glass products you buy at Wal-Mart are from a company called Anchor Hocking. Read about their soda-lime silicate glass in my Eggsperence book p. 26 (see link in Addendum 38).

Wal-Mart sells two oat bran products from Bob's Red Mill (organic and non-organic). Bob's Red Mill oat bran is a better quality oat bran than Quaker (you can see the difference). Try to purchase the organic version (a 4-pack is approximately $18).

Press the oat bran and butter mixture into the bottom of a glass pie plate. The tighter the crust, the easier it will be to remove (dowse to determine if your crust is packed tightly).
Tip: I really love a Sunbeam digital timer I found at Wal-Mart for about $2. There's a photo of the timer and the page says it is only available in stores.

If you cannot find this model at a Wal-Mart store, there is a slightly different model on the Wal-Mart Web site (I've added this one to the Links page on the Bay Colony Club Weebly site).

of the plate (and slightly up the sides) to form a crust.

11. Cut the package of cheddar slices into small pieces (I use a dinner knife and make large tic-tac-toe cuts).

12. Scatter small pieces of cheddar (and broccoli if you're using this extra) around your crust.

13. Pour your egg mixture into your 1-cup measuring cup. Add heavy cream until cup is filled slightly past the 1-cup mark.

14. Use your fork to blend the egg and cream.

15. Blend in the sea salt.

16. Pour the egg and cream mix over your scattered cheese (and broccoli if this applies).

17. Place the quiche into your oven and set your timer for 35 minutes.

18. When the quiche is done, remove the pie plate and let the quiche cool down for at least 15 minutes before serving.

19. Cut the quiche into 4 large pieces.

(Option) Goat Cheese and Olive
Although Publix dairy products do not contain rBGH, their cheeses are not great. I found a 5-ounce French goat cheese log in the Publix specialty cheese section of their Deli.

Publix is one of the largest dairy processors in the country and they do not use dairy from cows that have been given rBGH.

Although the Publix heavy cream is no organic, it is hormone-free. Until you can find an organic choice that is either raw or pasturized, this is the next-best option.

Note: I became a Weston Price chapter leader in Pompano Beach in early 2014 and there are very limited choices in South Florida.
Tip: You'll need a pair of oven mitts. There is a Mainstays pair (in red) on the Links page list. See: Bay Colony Club Weebly Web site. See also: Main Stays Oven Mitt, Red Sedona

I use an entire 5 ounce package with about 12 pitted Kalamata olives sliced lengthwise and the result is an interesting alternative to cheddar quiche.

This goat cheese from Trader Joe's contains Kalamata olives. It would be best to buy plain goat cheese and add sliced, pitted Kalamata olives.
Baked Coconut Custard
(Serves 5)

Note: For detailed steps, see the custard recipe in my Ketogenic Recipes PDF.

The first step for making this custard recipe a success is to make sure you have the correct size custard cups and pan for holding a hot water “bath.” Anchor Hocking sells a four-pack of 10-ounce custard cups. Five of these cups will fit into an Anchor Hocking 4-quart Pyrex baking dish.

I've provided a few large photos to help you understand what you will need to purchase.

White ramekins make very pretty custard cups. The Wal-Mart Web site contains several white ramekins, but the pages do not contain any mention of ounces (if you would like ramekins, you will need to research this).

Notice the large "4" on the blue cardboard inside the large baking dish. This means it is a 4 quart size.
Tip: Anchor Hocking used to make 3-packs of custard cups. The stores may still have this inventory.

Five, 10-ounce custard cups will fit into a 4-quart baking dish with enough room for 1 quart of hot water on the bottom of the large pan.

Adding Coconut to Custard
This coconut custard recipe is an adaptation of my unsweetened baked custard recipe in my Ketogenic Recipes PDF. For steps, you will need to look at this file:

ketogenic_recipes_06_16_14.pdf

Instead of using 3 cups of half & half, use 1 can of unsweetened coconut milk.

Notes:

1. After practicing this recipe for 6 months, I now use a 3-cup mixture of coconut milk with half & half (I like to use Publix Greenwise organic half & half) and five eggs (I buy Farmhouse cage-free eggs from Wal-Mart, see: http://www.walmart.

Native Forest organic coconut milk (in cases of 12 from Wal-Mart's Web site) costs less per can than non-organic competitive brands at other stores.
Tip: Your custard mixture will need to be sprinkled with nutmeg before you place your cups into the oven.

An organic nutmeg from a company called Simply Organic is available on Wal-Mart's Web site.

2. I developed the coconut version of the baked custard when I learned that coconut milk has about 1/10th as many carbs as an equivalent amount of half & half. Plain baked custard (without sweetener) tastes bland. The addition of coconut milk gives this unsweetened custard a much better taste. Publix sells Thai Kitchen brand of coconut milk. Wal-Mart's Web site contains Native Forest's organic coconut milk.

3. One can of coconut milk is slightly more than 1 cup. Directions require that the half & half is heated slightly. Add the can of coconut milk to your pan first, then add one full cup of half & half, followed by approximately 6 ounces of half & half to make up the 3-cup recipe.

4. I've been using Thai Kitchen coconut milk from Publix and most of the time the milk is easy to mix with the half & half (use a slotted spoon). Occasionally, I need to lower the hand blender into the milk mixture and blend clumps of coconut (I've only had to do this twice).
5. I purchase Spice Island vanilla extract from Publix because it does not contain high fructose corn syrup. I sometimes use McCormick’s Vanilla that is labeled “No corn syrup.” This would be tricky for a new person to purchase because there are similar McCormick vanilla extracts on the shelf that are imitation (and probably have corn syrup).

6. Be careful how long you keep the milk mixture on your burner. It will be ready to mix with your beaten eggs when you see a slight amount of steam (dowse if necessary). The milk could curdle if you keep it on the heated burner too long.

7. This mixture will fill five 10-ounce Pyrex custard cups. Custard needs to be baked in a water bath of hot water (explained in my Ketogenic Recipes PDF on p. 158).

8. It's tricky to place a pan of full custard cups into the oven without spilling the liquid custard. I place the pan as far as I can on the shelf and then use the oven door to gently push the pan the rest of the way.

9. Use a digital timer to bake your custard. If you bake custard too long, it will turn out rubbery (45 minutes at 350 degrees).

10. You will need to refrigerate your custard for a minimum of 2 hours.

Tip: A WikiHow entry contains instructions for recycling eggshells for gardens:

“How to Recycle Eggshells in Gardening Activities”
See: http://www.wikihow.com/Recycle-Eggshells-in-Gardening-Activities


I was surprised to see a copy of The Albrecht Papers on the shelf at UW Madison's Steenbock Library. The agricultural school's library is named after Harry Steenbock who obtained the patent for artificial Vitamin D (D2) for the school. Note: More than one group of researchers has found Vitamin D2 to be toxic. See: Am J Clin Nutr October 2006 vol. 84 no. 4 694-697.

The Albrecht Papers were published by Charles Walters who founded Acres USA Publishing.
11. There are so many eggshells left over from custard and quiche that I've looked for gardeners who grind dried shells to produce a calcium powder for their garden. Biological Farmer author Gary Zimmer studied the work of agronomist William Albrecht who called calcium a “trucker of all minerals.” As a result, Gary's company recommends the addition of calcium as a soil amendment. I believe there's a mystery to calcium. Hens lay eggs with shells that contain more calcium than the amount they consume in their diet. I think calcium is involved in trans-mutation. See: http://www.eagleteam.co.za/members/features/health/104.html

Tip: A blogger named Kathleen Nestell describes her use of ground eggshells in her garden. See: “Using Eggshells on a Hobby Farm” at:

http://originshobbyfarm.wordpress.com/2014/03/09/using-eggshells-on-a-hobby-farm/

Kathleen Nestell's method of grinding eggshells.

**Storing Custard in Pyrex Cups**

This afternoon (12/30/14), I made coconut custard and I took a few pictures of the steps I use to store the cups in the refrigerator. Because the Anchor Hocking cups do not have covers, I use inexpensive wax paper from the Dollar Tree store with a rubber band.
Tip: The wax paper sold at supermarkets is too thick to wrap (easily) around a custard cup.

Getting ready to wrap custard cups...

Cut off a piece large enough to wrap (as shown).
Tip: The rubber bands used to hold the wax paper (from Dollar Tree) are amazingly strong. I've only replaced one.

Wrapped custard ready to put into the refrigerator.
Seaweed Side Dish  
(Serves 2)  
Note: For detailed information about the benefits of seaweed, see my iodine book PDF.

Until soil is re-mineralized, it will be challenging to obtain nutrients from food. Seaweed is a nutrient-dense food that can offset the extreme deficiency in most food. Arame and Hiziki are famous seaweeds that have been mixed with carrots to create a seaweed salad.

Equipment
Vegetable brush  
(OPTION) Vegetable Peeler  
Cutting surface  
Vegetable chopping knife  
Covered Skillet  
Tablespoon  
Large Serving Spoon  
3 Large Mainstays bowls (photo, p. 35)  
Small colander (for draining seaweed)

Ingredients
2 large carrots (preferably organic)  
Package of dried seaweed  
1 can of chopped clams  
Tamari soy sauce  
Spring water

Steps:
1. Read instructions for cleaning vegetables with Apple Cider Vinegar on a blog called Family Fresh Meals:  
2. Pour several cups of spring water into one of the large bowls. Add 4
Tip: Most of Earth's realms will need to work toward developing safe sources of clams (mollusks) and shrimp (crustaceans), tablespoons of Apple Cider Vinegar to prepare a bath for cleaning your carrots.

3. If your carrots do not fit into the bowl, cut them in half.

4. Scrub your carrots. If you do not like the appearance of your carrots, use a vegetable peeler to remove any discolorations. When your carrots are cleaned, set them aside to dry.

5. Fill one of the other large bowls with 2-3 inches of Spring water.

6. Place a handful of dried seaweed into the Spring water and set aside for approximately 4 minutes. The spring water will re-constitute the seaweed.

7. When 4 minutes has past, drain the seaweed in a small collander (into your sink) and set aside.

8. While the seaweed is draining, you will need to “matchstick” your carrots (cut your carrots into matchstick-sized pieces). Watch Suzanne Landry's YouTube video titled “How to Matchstick Carrots.”

9. When you have matchsticked your carrots, add 2 tablespoons of unrefined coconut oil to your skillet (with 4 tablespoons of spring water).

10. Turn the heat to medium.

11. Add your carrot matchsticks to the skillet and cover. Saute the carrots for 6 minutes, remove them from the
Tip: If you are not familiar with the problems with soy, read the Soy Alert page on the Weston A. Price Foundation Web site. Tamari is a form of fermented soy that is safe in small quantities.

12. Toss the drained seaweed into the carrots.

13. Drain your chopped clams and add them to the carrot and seaweeds.

14. Add 2 tablespoons of Tamari to the salad and mix with a tablespoon.

15. Place a large serving spoon in your salad and serve.

Saute your carrot matchsticks in a covered skillet for 6 minutes.

Place the sauteed carrots in a large bowl when they are tender.

Dowse to locate a safe brand of chopped clams. Drain the chopped clams and add them to your salad.
Suzanne Landry's YouTube video provides a helpful lesson how to matchstick carrots.

To locate Corey's blog on how to clean vegetables with Apple Cider Vinegar Google:
family fresh meals
how to clean fruits and vegetables
Note: You do not need organic or unfiltered apple cider vinegar for cleaning vegetables. Heinz apple cider vinegar is available on Wal-Mart's Web site.

When consuming vinegar, use an unfiltered form such as Bragg Apple Cider Vinegar.

Notes: Apple Cider Vinegar will help kill parasites.

Look for details about Dr. DeForest Jarvis' use of vinegar in my iodine book.

Suzanne's video also helps you understand what type of knife and cutting board to purchase.