

UNITED AGAINST **FOOD WASTE**

For 10 years now, Première Moisson has been proud to take part in La Tablee des Chefs' food recovery program. Our teams have come together to offer you recipes that are as creative as they are tasty, allowing you to reuse your leftover bread and enjoy it to the last crumb!

Bon appétit !



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GRILLED VEGETABLE FRITTATA



2
portions

FRENCH TOAST

TIPS

For even more flavour, you can add blueberries, banana slices or diced apples to the French toast and drizzle it with maple syrup just before serving!

Ingredients

- 3 large or extra-large eggs
- ¼ cup (60 ml) milk
- ½ tsp vanilla extract (optional)
- 1 pinch salt
- ¼ cup (60 ml) butter or oil
- 4 thick day-old bread slices (they absorb the egg mixture better)
- Grated cheddar and maple syrup for serving

Preparation

1. In a large bowl, stir the eggs, milk, vanilla extract (optional) and salt well with a fork.
2. Place two bread slices at a time into the egg mixture, pressing slightly, so it soaks into the bread.
3. Heat a nonstick frying pan at medium-high heat.
4. Add butter or oil and melt until it foams.
5. Shake the excess egg mixture from the bread slices and place them side by side in the pan.
6. Cook the bread slices for 5 to 7 minutes, or until golden brown.
7. Flip the slices with a spatula and cook the other side for 5 to 7 minutes.
8. Garnish with grated cheddar and maple syrup.



4
portions

HOMEMADE GRANOLA

TIPS

This is a great opportunity to use up your raisin nut bread, chocolate bread, or other sugary breads you might have on hand!
You can also replace the brown sugar with a delicious maple syrup from Québec!

Ingredients

- 500 ml (2 cups) oats
- 500 ml (2 cups) variety of breads, cut in small cubes
- 125 ml (½ cup) brown sugar
- 250 ml (1 cup) mix of nuts and grains (ex. sunflower seeds, pumpkin seeds, almonds)
- 125 ml (½ cup) canola oil
- 5 ml (1 tsp.) ground cinnamon
- 1 pinch of salt

Preparation

1. Preheat the oven to 350°F (180°C).
2. In a large bowl, mix together all of the ingredients.
3. Spread the mixture onto a baking sheet, lined with a piece of parchment paper.
4. Bake in the oven for around 25 minutes, mixing every 8 minutes, until the granola is golden brown.



12 French
toasts

MINI FRENCH TOAST WITH FRUIT

TIPS

French toasts will taste better if you use slightly stale bread, that is bread that is a day or two old. As the bread has lost some moisture, it absorbs the egg and milk mixture better.

This dessert is delicious served with yogurt, maple syrup or both!

Ingredients

- 4 eggs
- 1 cup (250 ml) milk
- 3 tbsp sugar
- ½ tsp ground cinnamon
- 6 to 8 slices day-old whole-wheat or multigrain bread
- 1½ cup (375 ml) frozen berries or diced fresh fruit

Preparation

1. Preheat the oven to 350 °F.
2. Place paper cups in a 12-cup muffin tray.
3. In a bowl, break the eggs and beat lightly with a whisk.
4. Add the milk, sugar and cinnamon and beat again.
5. Cut the bread slices into large cubes and add to the egg mixture.
6. Mix with a wooden spoon to incorporate the bread well into the egg mixture.
7. Let the mixture rest in the fridge for 15 minutes.
8. Divide the mixture in the 12-cup muffin tray.
9. Add the fruit on top of each French toast cup.
10. Place the muffin tray on the middle rack of the oven and bake for about 20 minutes or until the tops of the French toasts are golden brown.



8
portions

HOMEMADE BREADCRUMBS

TIPS

It is preferable to use neutral breads to make these basic breadcrumbs. You can then add your own preferred flavours, by adding a bit of salt and herbs for an Italian version, or go for a mix of Cajun spices for breadcrumbs with a kick!

Ingredients

- 2 litres (8 cups) variety of breads, cut in large cubes

Preparation

1. Preheat the oven to 350 °F (180°C).
2. Cut the bread into large cubes, for easier baking.
3. Spread out the bread evenly onto a baking sheet.
4. Bake in the oven for approximately 25 minutes, until the bread is dry and crispy.
5. Let cool for 5 minutes.
6. With the help of a mixer or food processor, grind up the bread into breadcrumbs.



8
portions

HOMEMADE GARLIC AND HERB CROUTONS

TIPS

Use the type of herbs or herb mixture that you have on hand or that you like best! You can also substitute the clove of garlic with ¼ tsp. garlic powder or crushed garlic.

Ingredients

- 1 litre (4 cups) various breads, cut into cubes
- 15 ml (1 tbsp.) olive oil or canola oil
- 1 clove of garlic, finely chopped
- 15 ml (1 tbsp.) herbs (ex. thyme, rosemary, oregano)
- 2 pinches of salt
- 1 pinch of pepper

Preparation

1. Preheat the oven to 350 °F (180°C).
2. Cut the bread into cubes, approximately 1,5cm. in size.
3. Finely chop the garlic, or use a garlic press.
4. Mix all the ingredients together in a bowl, making sure to fully coat the cubes of bread.
5. Spread out the cubes of bread onto a baking sheet, lined with a piece of parchment paper.
6. Bake in the oven for around 15 minutes, mixing once halfway through cooking, until the bread cubes are golden brown.



8
portions

SEA SALT CROSTINI FOR APPETIZERS AND SPREADS

TIPS

To try something a little different, try the recipe using an olive and chives baguette ! You can also create an Asian-flavour inspired version by sprinkling powdered ginger and sesame seeds on top, or try a BBQ flavour by using smoked paprika!

Ingredients

- 1 baguette, ciabatta, ou parisien bread
- 60 ml (¼ cup) olive oil or canola oil
- 15 ml (1 tbsp.) sea salt

Preparation

1. Preheat the oven to 375°F (190°C).
2. Cut the baguette or other bread into thin, angled slices.
3. Spread out the bread onto a baking sheet, lined with a piece of parchment paper.
4. Drizzle olive oil on each slice of bread.
5. Season with sea salt.
6. Bake in the oven for approximately 10 minutes, until the bread slices are golden brown, making sure to check halfway through baking.



4
portions

GRILLED VEGETABLE FRITTATA

TIPS

A perfect recipe to empty out the fridge! Use your leftover vegetables and day-old bread.

Ingredients

- 6 eggs
- 120 ml (½ cup) milk
- Salt and pepper, to taste
- 5 ml (1 tsp.) mixed herbs (thyme, rosemary, oregano)
- 500 ml (2 cups) grilled vegetables, cut into cubes
- 1 litre (4 cups) variety of breads, cut into cubes
- 250 ml (1 cup) shredded cheese, any type

Preparation

1. Preheat the oven to 350°F (180°C).
2. In a bowl, mix together the eggs with the milk, adding in the herbs, salt, and pepper.
3. Oil a baking dish, size around 23 cm x 33 cm (9 in x 13 in), using a brush.
4. Spread the mix of grilled vegetables evenly in the bottom of the dish.
5. Add the cubes of bread and the shredded cheese.
6. Next, add the egg mixture and spread evenly across the dish.
7. Place into the refrigerator and let cool for 14 minutes.
8. Remove from the refrigerator and bake in the oven for 20 to 30 minutes, or until the bottom is golden brown.

THANK YOU

for being part
of the winning recipe

La Table des Chefs

