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Blueberry French Toast

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“Blueberry French Toast”

Foodways

Informant: Patricia Place is my mother. She is a mom of three girls and is in her fifty-two years old. She was born in Texas but moved to Simi Valley, California when she was three months old. After she got married, she and my father relocated to Newport Beach where they had me and my sisters. She doesn’t have a favorite holiday but loves when the family gets together. She loves to sew and is an amazing cook and likes to host people.

Context: My mother would make this for us growing up for special occasions like birthdays and the first day of school. We didn’t have much money growing up so recipes like this were a luxury, so my memories of this dish are always with happy occasions and exciting milestones. When I was in elementary school, the PTA wanted to put together a cookbook full of family recipes and I begged my mother to put this recipe in there. Thankfully she did, so the recipe will always live on!

Text:

Ingredients:

12 slices day-old white bread, crusts removed
2 (8-oz.) pkgs. Cream cheese
1 c. fresh or frozen blueberries
12 eggs
2 c. milk
1/3 c. maple syrup or honey.

Sauce:
1 cup sugar
2 Tbsp cornstarch

1 cup water

1 cup fresh or frozen blueberries

1 Tbsp butter

Instructions:

Cut bread into 1-inch cubes; place half in a greased 13x9x2 inch baking dish. Cut cream cheese into 1-inch cubes; place over bread. Top with blueberries and remaining bread. In a large bowl, beat eggs. Add milk and syrup, mix well. Pour over bread mixture. **Cover and chill 8 hours or overnight. Remove from refrigerator 30 minutes before baking.** Cover and bake at 350 for 30 minutes. Uncover; bake 25-30 more minutes or until golden brown and the center is set. In a saucepan, combine the sugar and cornstarch; add water. Bring to boil over medium heat. Boil for 3 minutes, stirring constantly. Stir in blueberries; reduce heat. Simmer for 8-10 minutes or until berries have burst. Stir in butter until melted. Serve over French toast. **Yield:** 6-8 servings.

**Preparation time:** 20 minutes, plus overnight. **Cooking time:** 75 minutes.
Texture:

I was taught this recipe growing up by my mother and was given a written copy when I got married. I also now make this for special occasions and milestones, but I also make this when I’m feeling sick or depressed. There’s something about this recipe that brings back happy childhood memories that lifts me out of whatever I’m feeling. My husband loves it and I’m so excited to keep making it for us forever.

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