



Santa Fe Railway

French Toast a la Santa Fe

Perfected by Fred Harvey chefs in 1918 to serve in the dining cars

1/2 cup avocado oil

2 slices white bread, cut 3/4 inch thick

2 large eggs

1/2 cup light cream or evaporated milk

Pinch of salt

Confectioners' sugar and/or cinnamon as desired

Serve with: fresh strawberries, blueberries, raspberries, applesauce, fruit preserves, butter, maple syrup and meat side dish of bacon, ham, or sausage

- Place avocado oil in skillet, heat to hot.
- Meanwhile, cut each bread slice diagonally to form four triangles; set aside.
- In small bowl, combine eggs, cream, and salt; beat well.
- Soak bread thoroughly in egg/cream mixture.
- Fry soaked bread in a skillet with hot oil to a golden brown on both sides, about 2 minutes per side.

- Lift from skillet to clean paper towel; allow to absorb excess cooking oil. Transfer to baking sheet; place in preheated 350 degrees F. oven.
- Bake 4 to 6 minutes until bread slices have puffed up.
- Serve sprinkled with powdered sugar and cinnamon if desired. Serve with strawberries, blueberries, raspberries, applesauce, or fruit preserves. Add a pat of butter and maple syrup and a meat side dish. Serves: 2

Inspired by the Original Recipe: See: *Dining by Rail*, James D. Porterfield, New York, St. Martin's Griffin, 1993, p.174.

About the Recipe: This special recipe was perfected by Fred Harvey chefs in 1918 for the Santa Fe Railway's dining cars. It produces a puffy, golden-brown toast and was recognized as one of the best breakfasts. It's a delightful twist on the classic dish with thick slices of brioche, soaked in a rich egg mixture that is grilled and then baked to golden perfection. Top it with an assortment of favorite fresh fruits and maple syrup or preserves.

Dining on The Santa Fe Railway

People were allowed to sit and eat, but there was no place to prepare meals onboard. Years passed and the priority of comfort and luxury increased on trains. Answering this demand in 1868, George Pullman built the first real dining car. This car - "The Delmonico" - included a full kitchen and elegant space to dine.

Fred Harvey introduced high standard of service and quality. He established a chain of Harvey Houses, which were restaurants, hotels, and dining rooms along the railway, known for their cleanliness, good food, and excellent service. Harvey also employed the famous "Harvey Girls," who were well-trained waitresses that provided exceptional service to passengers. This significantly improved the dining experience on the Santa Fe Railway.

For More Information on the Golden Age of Railroad Cuisine – See:
Dining by Rail by James D. Porterfield