



Angel Food French Toast is ideal with homemade strawberry sauce and fresh whipped cream. David Samson / The Forum

Angel Food French Toast

Makes: About 1 ½ cups

Ingredients:

1 pound strawberries, tops removed and halved
¼ to 1/3 cup sugar
1 to 2 tablespoons fresh lemon juice (apple juice may be substituted)

Directions:

In a medium saucepan, add the strawberries, ¼ cup sugar and 1 tablespoon juice and stir to combine. Cook over medium-low heat for 10 to 15 minutes, stirring occasionally, until the berries are mushy-soft. Use a handheld or liquid blender to puree the mixture until smooth. Taste the sauce and add more sugar and/or juice as desired.

To remove the seeds, place a strainer over a medium bowl and pour the liquid into it, using the back of a ladle to press the mixture through. Transfer sauce to a squeeze bottle or airtight container and refrigerate for at least 5 days or freeze for several months.

Republished April 12, 2023, by The Forum of Fargo-Moorhead / InForum.com.

"Home with the Lost Italian" is a weekly column written by Sarah Nasello featuring recipes by her husband, Tony Nasello. The couple owned Sarello's in Moorhead and lives in Fargo with their son, Giovanni. Readers can reach them at sarahnasello@gmail.com.