Cottage Cheese Peach Toast

2 open-faced cottage-cheese and peach toasts, each 1 large slice with half the topping · Active 15 min · Total 20 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

• 2 large whole-wheat bread slices (120 g total)

• About 1 cup plain 2% cottage cheese, stirred (250 g)

• About 2 small ripe peaches, washed, stones removed and sliced (200 g edible fruit with skin)

• 2 teaspoons granulated sugar (8 g)

• 1/4 teaspoon ground cinnamon (0.65 g)

Set out

Toaster or grill/broiler with baking sheet, Knife and board, Kitchen scale, Small sieve or clean plate for fruit, Cooling rack, Spoon

Allergens

Milk, Wheat. Check labels and substitutions.

Make it

1. Wash peaches, remove stones and slice. Weigh 200 g edible fruit. Let obvious free juice drip away in a sieve or on a plate while making toast; do not squeeze or peel the slices.

2. Toast the 2 measured bread slices until crisp, about 3–5 minutes depending on the toaster, watching closely. If using a grill/broiler, put bread on a baking sheet and turn as needed; never leave it unattended. Rest briefly on a rack so steam can escape.

3. Stir cottage cheese. Divide all 250 g equally over the 2 toast slices, then share peach slices evenly. Mix sugar and cinnamon and sprinkle half over each toast. Serve immediately.

A useful kitchen skill

Weigh edible fruit without its stone and protect crisp toast by delaying wet toppings until serving.

A useful detail

The 20-minute total allows washing, slicing and weighing fruit as well as toasting and assembly. Each serving is one large flat bread slice,125 g cottage cheese and 100 g prepared peach.

Keep it well

Keep cottage cheese and prepared peaches separately refrigerated at 40°F/4°C or below and use within 1 day of slicing, or sooner if the dairy has an earlier limit. Assemble toast just before eating. Keep dairy cold during transport and discard perishables left out for more than 2 hours, or 1 hour above 90°F/32°C. Do not freeze assembled toast for later crisp serving.