

## The Breakfast Bible



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**(Alfreda Barrows)**

## THE BREAKFAST BIBLE



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Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, The Breakfast Bible, Seb Emina, Malcolm Eggs, When it comes to the most important meal of the day, this is the book to end all books, a delectable selection of recipes, advice, illustrations and miscellany. The recipes in the robust volume begin with the iconic full English - which can mean anything as long as there are eggs, bacon, sausages, mushrooms, tomatoes, black pudding, bread, potatoes and beans involved - before moving confidently on to more exotic fare such as kedgeree, omelette Arnold Bennett, waffles, American muffins, porridge, roast peaches, channa masala from India, borek from the Balkans and paes de queijo from South America. There are also useful tips like the top songs for boiling an egg to, and how to store mushrooms. Interspersing the practicalities of putting a good breakfast together are essays and miscellanies from a crack team of eggsperts. Among them are H.P. Seuss, Blake Pudding, Poppy Tartt and Malcolm Eggs, who offer their musings on such varied topics as forgotten breakfast cereals of the 1980s, famous last breakfasts and Freud's famous Breakfast Dream. Whether you are a cereal purist, a dedicated fan of eggs and bacon or a breakfast-aficionado with a world view, The Breakfast Bible is the most important book of the day.



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