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# Breakfast: A History (The Meals Series)



## Synopsis

From corn flakes to pancakes, *Breakfast: A History* explores this almost important meal of the day as a social and gastronomic phenomenon. It explains how and why the meal emerged, what is eaten commonly in this meal across the globe, why certain foods are considered indispensable, and how it has been depicted in art and media. Heather Arndt Anderson's detail-rich, culturally revealing, and entertaining narrative thoroughly satisfies.

## Book Information

Series: The Meals Series

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## Customer Reviews

Ms. Anderson presents a history of "the most important meal of the day" from antiquity to the present, highlighting the interesting stories behind what we do and what we no longer do. Did you know the ancient Greeks ate donuts? Do you know what they dipped them in? It wasn't coffee or tea. Ms. Anderson seasons her history with the perfect mixture of facts, quotations, and witticisms designed to keep the reader both educated and entertained. Her research alone is astounding, but her writing organization and wit are the icings on the cake. I cannot imagine a better book on the topic. Foodies will rejoice to devour this delectable discovery!

Anderson's book is a wonderfully written journey through the history of breakfast. If you are a breakfast lover (like me), or you have a close friend or spouse who is, this is a great gift!

Engaging and urbane and fun, this book oozes like a broken egg yoke with Arndt Anderson's wealth of culinary knowledge, witty asides, and delicious quotes from days of breakfast yore. If you don't like this book, I'll eat beef tongue for breakfast for a month.

Such a relief to read some real history and casual perspective on one of my three favorite meals. Love it. Reading it in bursts and just flipping through it for inspiration at brunch time. Good stuff!

great source of information , fun to read .

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