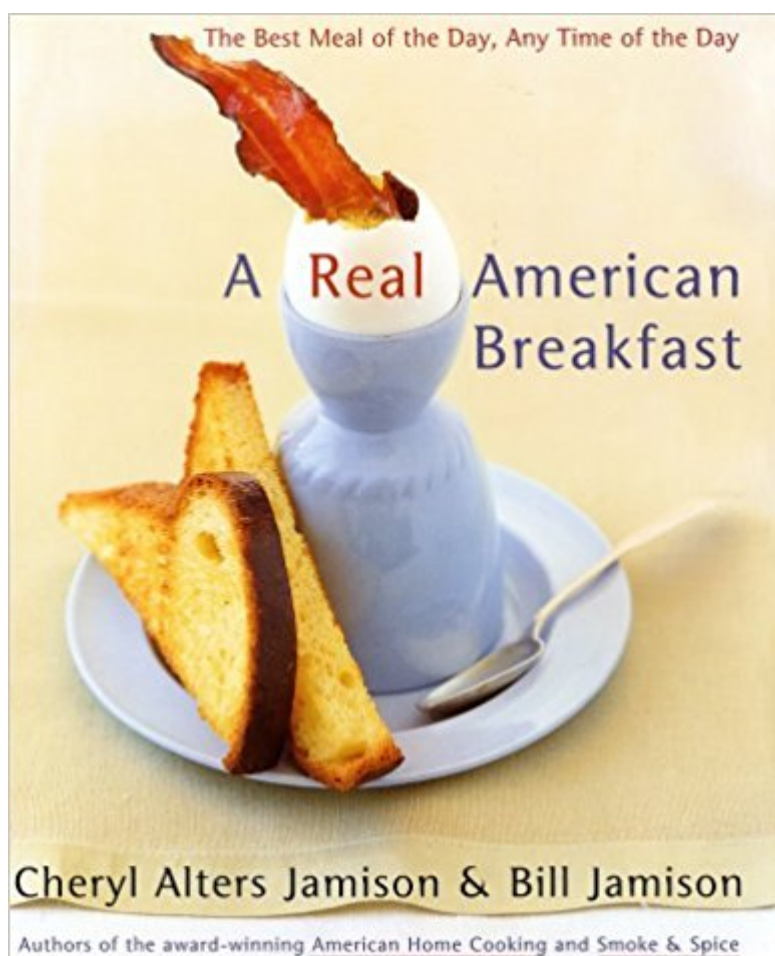


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A Real American Breakfast: The Best Meal Of The Day, Any Time Of The Day



Synopsis

There's no better way to start your day than with a hearty breakfast. And there's no better book about breakfast than *A Real American Breakfast* by the award-winning authors Cheryl Alters Jamison and Bill Jamison. *A Real American Breakfast* is a coast-to-coast feast of 275 breakfast recipes. You'll find everything from old favorites like waffles and homemade cereals to Charleston Shrimp and Grits, Mississippi Bacon Sandwich with Milky Tomato Gravy, Oregon Salmon Hash, the LEO (Lox, Eggs, and Onions), Bronx Matzoh Brei, and so much more.

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Customer Reviews

What's the best meal of the day? For many of us, it's breakfast. Saluting that fact is Cheryl Alters Jamison and Bill Jamison's *A Real American Breakfast*, a collection of 275 traditional and innovative recipes that cover breakfast comprehensively and in the best taste. Breakfast often competes with a tight morning schedule, which the book acknowledges by offering recipes that can be prepared the night before; regional, café, and bed-and-breakfast favorites are provided, as well. Dishes range from familiar eye-openers like waffles and cinnamon toast to less conventional fare like Salmon Croquettes and the Maple-Glazed Ham, Cheese, and Leek Sandwich--food that can also be enjoyed throughout the day. Among other outstanding chapters, "Break an Egg," "Heavenly Hashes," and "Home-Crafted Cereals" score with exemplary recipes for fried eggs and bacon, red flannel hash, and crunchy granola, as well as "new" delights like Poached Eggs on Creamy Grits, Capitolate of Chicken, and Toasted Wheat with Caramelized Bananas. Other sections offer stratas

and breakfast casseroles like Calabacitas Tortilla Casserole; dairy specialties, including lassi, an on-the-go chilled yogurt drink; and sweets, such as Raspberry-Cream Cheese Coffee Cake, Brown-Butter Apple Cake, and Chocolate Bread Pudding. With historical notes, old menus, and technique advice, the color-photo-illustrated book is the last word on the day's first meal. --Arthur Boehm

Although most cooks would agree with the Jamisons (*American Home Cooking*) that breakfast "can be the homiest meal of all" not everyone has the time to cook first thing in the morning. Fortunately, many of the Jamisons's 275 delightful recipes can be served just as well at weekend brunches or weekday suppers. The 14 chapters featuring eggs, pancakes, cereals and breads, as well as casseroles, sandwiches and cobblers are full of original ideas that expand the boundaries of breakfast (such as serving Strawberry Shortcake in the morning). International dishes like Swedish Pancakes and Asian Rice Porridge with coconut milk are offered alongside the more familiar and luxuriously elaborate Eggs Benedict Souffles, Spiced Lamb Sausage, and Baked Crime Brele French Toast. There are also simple dishes such as Fruit Smoothies and Fried Egg Sandwiches for those mornings when the school bus is honking outside. With every recipe there are helpful tips on techniques and ingredients, as well as sidebars featuring American breakfast history and trivia, all in elegantly written, snappy text. Our country's breakfast traditions are wildly diverse, and the Jamisons' enthusiasm for their subject is a great incentive to get out of bed and try them all.

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So many breakfast cookbooks have the same old things, but not this one. The hot cereal section includes all sorts of grains, not just oatmeal (though there are some amazing oatmeal recipes, which is a sentence I REALLY never expected to write), and the egg dishes aren't just the usual omelettes. We haven't made it through the other sections yet, but it's really great. The only drawback I've found is that we eat pretty healthy and light meals in general, and almost ALL of these recipes are so rich and heavy that I've needed to alter them to make them workable for us. But even doing that, they're still quite good

This is a great breakfast book! There are plenty of dishes that are region specific, so you're bound to run into something you find unusual. Everything I've made has been flavorful! Our favorite is the Shrimp and Grits. The Blueberry Muffins are perfect!

I adore this book, finally purchasing it after keeping the library's copy one too many times. Anyone who is looking for different ideas for breakfast because they're getting into healthier diets (Weston Price, Paleo) will find this cookbook a welcome addition. I was having a hard time finding breakfast ideas, and one can only eat so many hardboiled eggs and oatmeal without needing a little variety. This book has a plethora of recipes to suit every taste (multi-cultural, too, which is intriguing). As with any real food eating, most of these recipes require a little planning and forethought, but actual prep/cooking times vary, so you can make something out of here just about every morning. HIGHLY recommended.

Most breakfast cookbooks are top-heavy with variations on the usual: lots of waffles, omelets, home fries, and muffins. This one is unique, because it collects a set of recipes you *wouldn't* have thought up on your own. For instance, it's the only book in which I've found a recipe for goldenrod eggs (hard boiled eggs in a cream sauce, served over toast, with grated egg yolks and paprika sprinkled on top) except for a 1942 WWII-era pamphlet my mom had. It's the only recipe I've found for dutch baby pancakes -- sort of a cross between a pancake and a sweetened popover, traditionally served with lemon and maybe a sprinkling of confectioner's sugar. Aside from completeness, the recipes are clearly written, entertaining (with sidebars that include breakfast menus from, say, a 1904 hotel menu), and educational. I have at least three or four breakfast cookbooks. This is the only one I use regularly.

This cookbook has recipes from across America. It has recipes that are the old traditional such as pancakes and runs the gamut to recipes from various parts of the country. The recipes do not generally call for any out of the ordinary ingredients, they are easy to follow and the end results of every recipe I have tried turns out great. The pictures are lovely. The pages are uncluttered and easy to read. However, I particularly like that there are sidebars with interesting facts, menus from eating establishments say from the 1940's, etc. It makes for an interesting read as well as a nice cookbook. This is the cookbook I regularly turn to when picking out what I'm going to make for breakfast. It is well worth the money. Enjoy.

This is the best cookbook I have ever had. I purchased this cookbook about 2 years ago, and I have already made about 50 of the recipes. Every recipe is as good as it possibly can be. Using this cookbook, I've made the best coffee cake I've ever had, the best muffins I've ever had, the best french toast I've ever had, the best cereal I've ever had, and breakfast sandwiches and breakfast

meats that I didn't even know were possible. Anyone who loves making good food and especially anyone who enjoys making breakfast at home must have this book. It's perfect for eating a quiet meal at home for two, for making a nice breakfast to share with your children before school (we use a lot of the cereal recipes and fruit recipes for weekdays), for impressing overnight guests, and it is so good it should be a staple in every B&B. I recommend this cookbook to anyone who loves to cook- and it is one of my favorite gifts to give.

I have now purchased 4 copies. 1 for me, my mom, mother-in-law, and my sister-in-law. Everyone should own this cookbook. Put together very well, lot's of recipes and cute stories and copies of menus from days gone by. I have made over 50 of the recipes and all have just been wonderful. My favorite is the biscuits and chocolate gravy. Definately buy this book!

I have a lot recipes for lunch and dinner but breakfast was mostly the same thing at my house. This book has changed how we do things on weekends. There are not a lot of recipes that would be good for a quick morning breakfast but some recipes could be partialy made the night before. If you have the time for the recipes you will probably find many recipes you will very much enjoy.

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