

l'book d'food volume 1: morning food

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Serves 1
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1 apple
.....

1 dup of peanut butter
.....

Slice up the apple into apple-slice portions using a knife.

Dip the same knife, a separate knife, or another dipping implement into a jar of peanut butter to acquire a peanut butter globule.

Gently shmear the peanut butter goop onto the apple slices.

Peanut butter is neither solid, not liquid, so do not let it out of your sight it cannot be trusted.

Apple & butter d'peanut

Pink Lady, Honeycrisp, Fuji, Red Delicious, Golden Delicious, Jonagold, Gala, Granny Smith, McIntosh, Cortland, Empire, Ida Red, Pippin, Winesap, York, Rome Beauty, and Rhode Island Greening are all common apple varieties, and probably derby-winning horses. Bottom Jeans is the most popular cultivar, according to internet.



Serves 1

1 banana

Hold the unpeeled banana gently in your hands as if it were an infant child, as not to bruise the fruit and impair the eating experience.

Unpeel the banana.

Serve at room temperature.

Don't get weird about it, we're all adults here.

Discard the peel.

Though it may seem funny to place the banana peel such that an unwitting victim slip in an uproarious and slapstick fashion, we live in an overly litigious society and such actions would assume an unacceptably high degree of financial risk.

Banana de l'arbre

This quintessential mid-day snack harkens back to the regal simplicity of pre-colonial antebellum. Modern day bananas belong to the Cavendish cultivar and are vastly inferior to the Gros Michel banana variety, which was nearly wiped out in the 1950s along with the concept of chivalry. Also great with peanut butter.



Serves 1

1 yogurt thing

Remove the yogurt container's metallic lid cover.

Use a spoon to transport glops of yogurt from pseudo-conical plastic cup to mouth.

Avoid fruitless thoughts about how strange the yogurt container's shape is.

Struggle to scrape the residual yogurt from the interior walls of the yogurt container.

Use your tongue if you feel compelled.

Yogurt d' laitieres

This delightfully semi-congealed amalgamation hails from the mammary gland of a cow. Though once liquid, it underwent the beautiful process of bacterial fermentation and reached the prodigious stage of yogurt.



Serves 1

1 English muffin

1 corner butter

1 spot jam

If not already separated, split each breadly hemispheric component into requisite halves.

Warm each piece gently with heat.

Does anyone else think these have a very particular smell, or is it just me?

Make decadent proclamations in a sordid English accent as you butter each muffin.

Add a spot of jam.

Pinkies up and enjoy.

English Muffins

English muffs for short. The Anglo-Saxon muffin shares many similarities with its standard breakfast muffin counterpart, but tends to appear flatter and be genuinely much less enjoyable.



Serves 1

.....
1 cucumber

.....
34 fl oz brine

.....
2 weeks time

.....
Or a jar of pickles

Unscrew the pickle jar lid.

It just needs some elbow grease; make sure you're twisting it counterclockwise.

Have someone else open the jar for you, but claim you loosened it.

Attempt to remove a pickle from the pickle jar without making your hand smell disgusting.

Serve the pickle whole, cut lengthwise as spears, dice thinly for pickle chips, or hammer into relish.

Eat it.

Say pickle juice three times.

Pickle

Like the metamorphosis from lowly caterpillar to majestic butterfly, a plebian cucumber can rise to the status of pickle when very specific conditions are met. The transformation happens when a cuke is submerged in a salty brine and left to ferment for a period of time. Pickles can be kosher dill, bread & butter, gherkins, and fun to hide.



Serves 1

1 slice of bread

Take a slice of bread from within the bag and place it gently on the serving dish.

Keep track of the plastic bread clip.

It is conventional wisdom that drinking lots of water keeps you hydrated and that eating lots of bread keeps you carbohydrated.

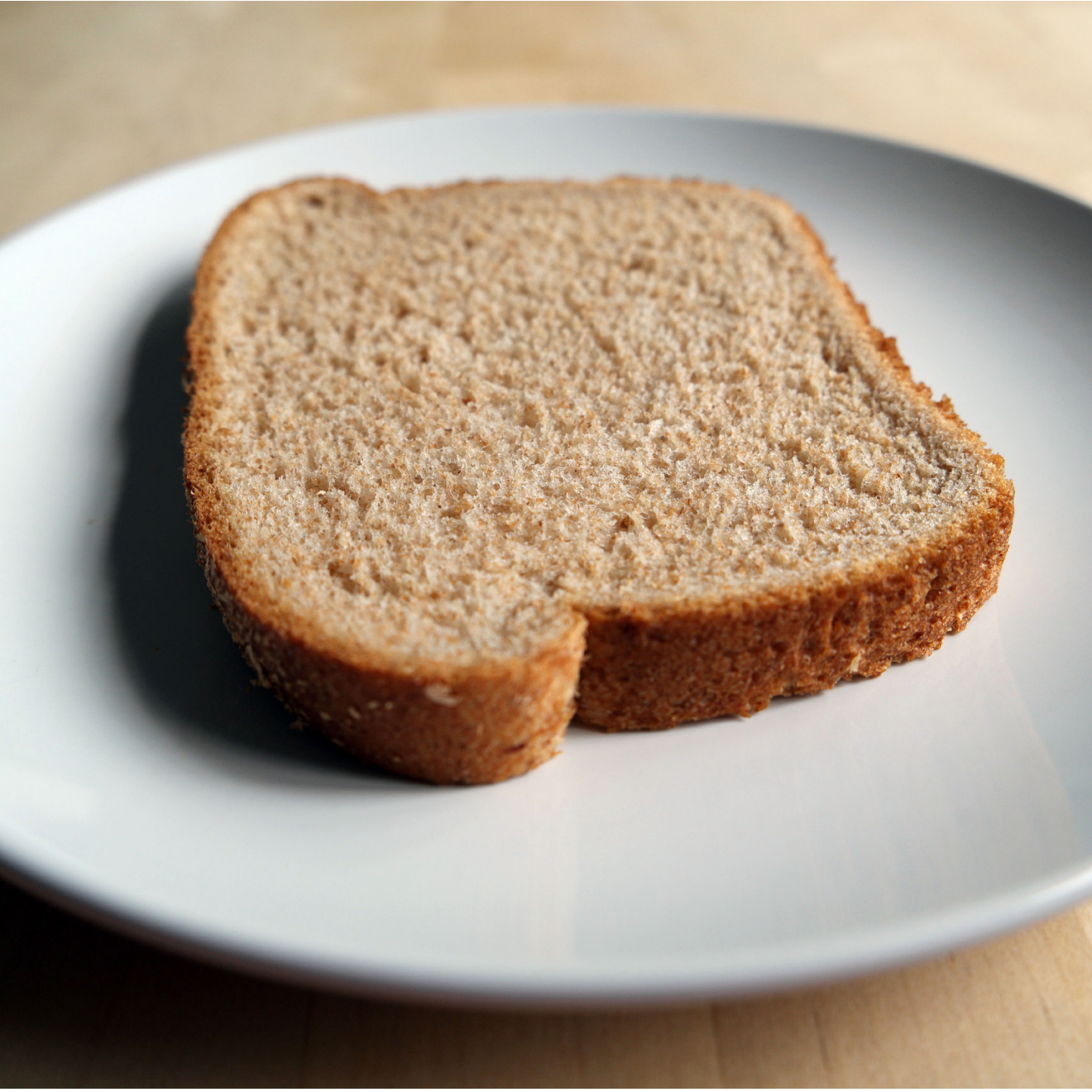
Most bread contains carbohydrates.

Maybe stick a cat's head through the middle of it?

Tie the open end of the bread bag in a simple knot because the bread clip is inexplicably nowhere to be found.

Bread

This peasant food is an excellent source of matter. Although the only mentionable improvement since its conception has been the advent of pre-sliced loaves, the fact that its dough form is kneaded somehow transcends your own need to be needed.



Serves 1

1 slice of bread

Retrieve a slice of bread.

If the bread loaf is unsliced, cleave it with a knife.

Prepare the bread to be lowered into the metal pit of heat.

Set the toaster or toaster oven to the appropriate settings, in that precise zone between lukewarm and instant char.

Avoid igniting the bread.

Wait patiently as the bread is transmuted into toast.

Although it's relaxing to draw a bath and chill out in the tub before enjoying a slice of toast, it is generally inadvisable to attempt toasting and bathing in parallel.

Toast

All the luxuriant, ostentatious flavor of bread paired with the layered complexity and smoky bouquet of a piping hot toaster. Raise your glasses and drink together in honor of this most auspicious of bread formats.



Serves 1

1-8 eggs

1 pinch of salt

1 shimmy of pepper

2 oz Sriracha hot chili

sauce

Preheat the stove to a moderate setting.

Put the eggs in the pan.

Take the eggs out of the pan.

Offer the eggs a light dusting of salt and pepper, add to taste.

Place the desired volume of sriracha next to the eggs, and smush the sauce around with a fork until it looks fancy.

Ingest at desired pace.

Eggs a la Sriracha

This sumptuous combination of unfertilized chicken embryos and ubiquitous Thai chili sauce forcefully pleases the tastebuds. A hen's ovulated offering can be prepared in many different ways.



Serves 1

1 mountainous heap of

corn pops

1 cup of milk or milk

substitute

1 metal spoon, or

wooden perhaps

1 serving bowl

Pour milk or milklike substance into the serving bowl.

Rotate the obnoxiously large Pops cereal box such that the contents flow forth in crackling abundance.

The milk and or milklike substance contained within the serving bowl should cushion each kernel's fall.

In the event that no gleaming yellow sugar nuggets cascade from the tilted box, check that the box's cardboard flaps are open, that the plastic cereal encasement is also open, and that the box is not empty.

Corn l'pops

Once a symbol of the vibrance and might of ancient Mesoamerican civilizations, maize has taken its place on the mantle of history as a critical ingredient in these lovable sugar pods.



Serves 1
.....

1 yellow cakey tube of
cream-filled matter
.....

Remove the wrapper enveloping the cakey concoction and take a brief moment to pause while you consider the choice you are about to make.

Go for it.

Ugh straight to the thighs.

Overuse may induce insulin resistance and serious health problems.

Consult your doctor immediately if you experience symptoms of death.

Twinkie de l'éponge

The luminous gold-tinted sponge cake contains a rich and creamy crème de la crème filling. Twinkie inventor and alleged murderer James Dewar dedicated his creation to America's founding fathers out of a sense of patriotic duty and unyielding respect. This charming confection supposedly contains wheat flour, $C_6H_5NO_2$, and corn syrup of the high fructose variety.



