

Having revolutionized American eating habits with her Moosewood Cookbook back in the 1970s, Katzen is now poised to revolutionize breakfast. Opening with a useful section on equipment and ingredients, the book is divided into twelve chapters that cover the more common cereals and muffins as well as beverages, yogurt and cheese. Some dishes such as the Miso Soup, the piquant Breakfast Gazpacho and the traditional Passover dish Matzoh Brei draw on global influences, but many are new takes on traditional food. The recipes vary from the simple Berries in Buttermilk to the slightly complicated and more time-consuming Babka, but all are within reach of most cooks. Sprinkled throughout the book are panels containing helpful tips, and where relevant she gives full instructions for the basics, as with How to Scramble an Egg and the Grain Cooking Chart, a lifesaver even for experienced cooks. Health has always been one of Katzen's concerns; many of the dishes are low fat and healthy, and some have been provided for those with special needs to wit, the Scrambled Egg Whites, a light, alternative for those with cholesterol concerns. The resulting volume is comprehensive and accessible for breakfast phobes with hectic morning schedules as well as those who love to linger over their first meal of the day.

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