



OCTOBER 19th, 2012

THE
USE
VALUE
OF
BREAKFAST.

BOOK I: THE DEPOSITION OF DINNER.

ON DISPLAY.

Jeff Austin.

Hans Bellmer.

Marcel Broodthaers.

Michael Collino.

Sarah Lucas.

Claes Oldenburg.

Simone Reid.

Jimmy Whispers.

LIBRETTIST.

Poy Born.

GENEROUS HOSTS.

Joshua Roginsky.

Collin Pressler.

EXECUTIVE PRODUCERS.

Steve Castner.

Jim Griesedieck.

And a special thanks to everyone else.

Served in three courses:

I.

HASHED POTATO CROQUETTES.

accompanied by a CILANTRO BLOODY MARY

II.

TRIADE de petits OEUFS BÉNÉDICTE.

*with SALMON, BACON and
NORTH CAROLINA PULLED PORK BARBEQUE,
accompanied by a TRADITIONAL MIMOSA*

III.

WHOLE WHEAT HOTCAKE MEDALLIONS.

*layered with RICOTTA and RASPBERRY GLAZE
topped with a CHOCOLATE DRIZZLE*

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FOREWORD.

It is not *Guess Who's Coming to Breakfast*. There are no State Breakfasts. A "dinner in bed" connotes loneliness, sadness – a simple affair with naught but a microwave tray and the television for company – not the luxurious repose of Mother's Day morning.

In short, dinner is ringed with a stiff protocol, violations of which are especially egregious. Breakfast is largely private, intimate, a quick bite over the morning paper, easing you into waking life. Lunch is frequently characterized as purely perfunctory – the working man must eat. Dinner alone is a highly public, highly social, and highly structured affair.

We can no longer sit idly by in the dedicated room of Dinner while Breakfast remains relegated to a mere *nook*.

The two operations at work this evening are:

- I. the elevation of breakfast, the meal of farthest chronological remove from dinner, by foregrounding it both conceptually and culinarily, and
- II. a simultaneous and corresponding *lowering* of dinner.

By forcing dinner into the casual, private, morning realm of breakfast and, conversely, by forcing breakfast into the rigidly codified evening realm of dinner we reject the oppression of chronology and tradition. We will replace these hierarchical structures with rhizomatic messes – we have loaded breakfast into our guns and we will fire it, splattering dinner's warm guts onto the pavement.

It is not enough – it is not even possible – to simply dismiss these structures as outmoded, to expel them cleanly and completely from our lives. Instead, it is time for a chaotic random walk through the ruined vestiges of these concepts – to force ourselves to rechew, redigest, redraw maps, remake associations. It is time to examine these things with the new eyes of the infant to see what use they may truly hold for us.

Breakfast is a meal of eternal optimism – the day's work lies ahead, the battles unfought, the possibilities still unrestricted. It is with the optimism of the true revolutionary – not of the overeducated utopianist – that these expenditures will be made, that this meal will be served, consumed, and excreted. It is time to parodically assert the primacy of the egg, to try this position on for size, testing it for both the comical delusions and profound truths we are certain it contains.

Dinner is dead.

Long live new beginnings.

Long live the "soft reset."

Long live the revolutionary spirit.

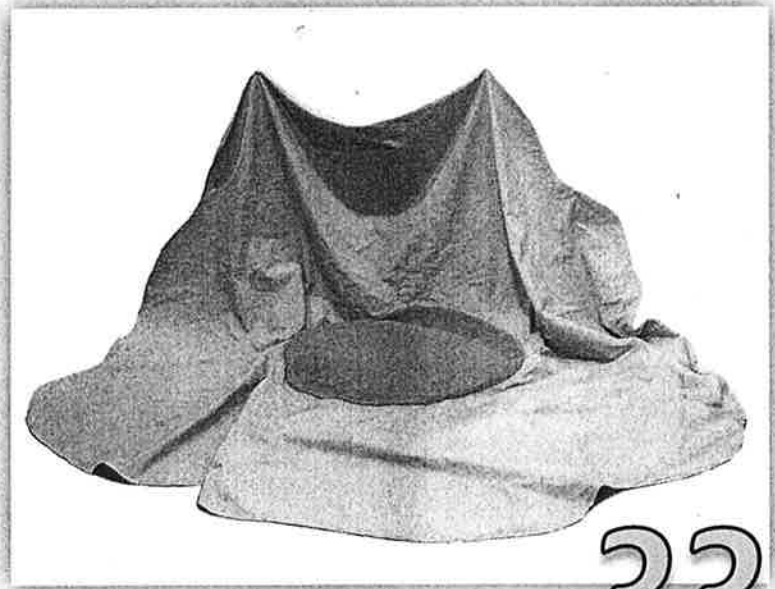
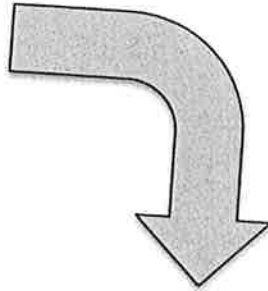
Long live optimism.

Long live the chickenless egg.

Long live breakfast.



Fig 74. CLEMENTE, BASQUIAT, WARHOL. Alba's Breakfast, 1984.



???

Fig 69D. A diagram.

Why Bacon Is A Gateway To Meat For Vegetarians

Recently, an old friend who has been a vegetarian for more than 15 years shocked us with a story: Last weekend, she ate bacon. Several strips. Straight out of the frying pan where her boyfriend was cooking it.

This wasn't the first time she'd encountered it sizzling there, in all its glistening glory. But for some reason, this time it overpowered her. She was guilty yet gleeful when she told us that she'd allowed bacon back into her life.

But she's not alone. We've heard this story before from many people. It seems that bacon has a way of awakening carnivorous desires within even some of the preachiest of vegetarians. And we set out to find out why.

We asked some scientists who study how food tantalizes the brain, and sociologists who've looked closely at vegetarianism, about bacon's seductive powers.

Our story was familiar to [Johan Lundstrom](#). He's a scientist who runs a lab at the Monell Chemical Senses Center. He studies how the brain processes sensory information, like smell, for a living. He also told us he had an ex-girlfriend who became an ex-vegetarian once she tasted bacon.

Because bacon is one- to two-thirds fat and also has lots of protein, it speaks to our evolutionary quest for calories, Lundstrom says. And since 90 percent of what we taste is really odor, bacon's aggressive smell delivers a powerful hit to our sense of how good it will taste.

"There's an intimate connection between odor and emotion, and odor and memory," Lundstrom says. "When you pair that with the social atmosphere of weekend breakfast and hunger, bacon is in the perfect position to take advantage of how the brain is wired."

Indeed, the social experience of eating bacon also seems very important, says Donna Maurer, author of *Vegetarianism: Movement or Moment?* Opportunities to try new foods, like chocolate-covered bacon, with friends might push some vegetarians over the edge.

Bacon has special status in foodie circles, and that too seems to have enhanced its power over wavering vegetarians. Some have dubbed 2011 as the *Year of Meat*. [BaconToday.com](#) is a veritable daily bacon news source. And in New York you can find [Bacon-Palooza](#), an event NPR covered on *All Things Considered* last year.

We even talked to a vegetarian, Gwen Sharp, about this, who said, "I have long thought if for some reason I ever started eating meat again, I would start with bacon." We also discovered a chapter — from a [scholarly food book](#) — titled "'Bacon sandwiches got the better of me:' Meat-eating and vegetarianism in South-East London."

Still, bacon has plenty of thoughtful opponents, among them Jonathan Safran Foer, author of the recent bestselling vegetarian treatise *Eating Animals*. Even [Stephen Colbert](#) was unable to convince Foer to eat bacon.

Sure, it's loaded with fat and salt, and Americans eat far more of it than what's good for the planet. But in the immortal words of Homer (Simpson, not the other one), "Mmmmm. Bacon."

ELIZA BARCLAY



Fig 548. LUCAS. Self-portrait with Fried Eggs. 1996.



Fig 1603. The Tragedy of Homlet, Prince of Denmark.

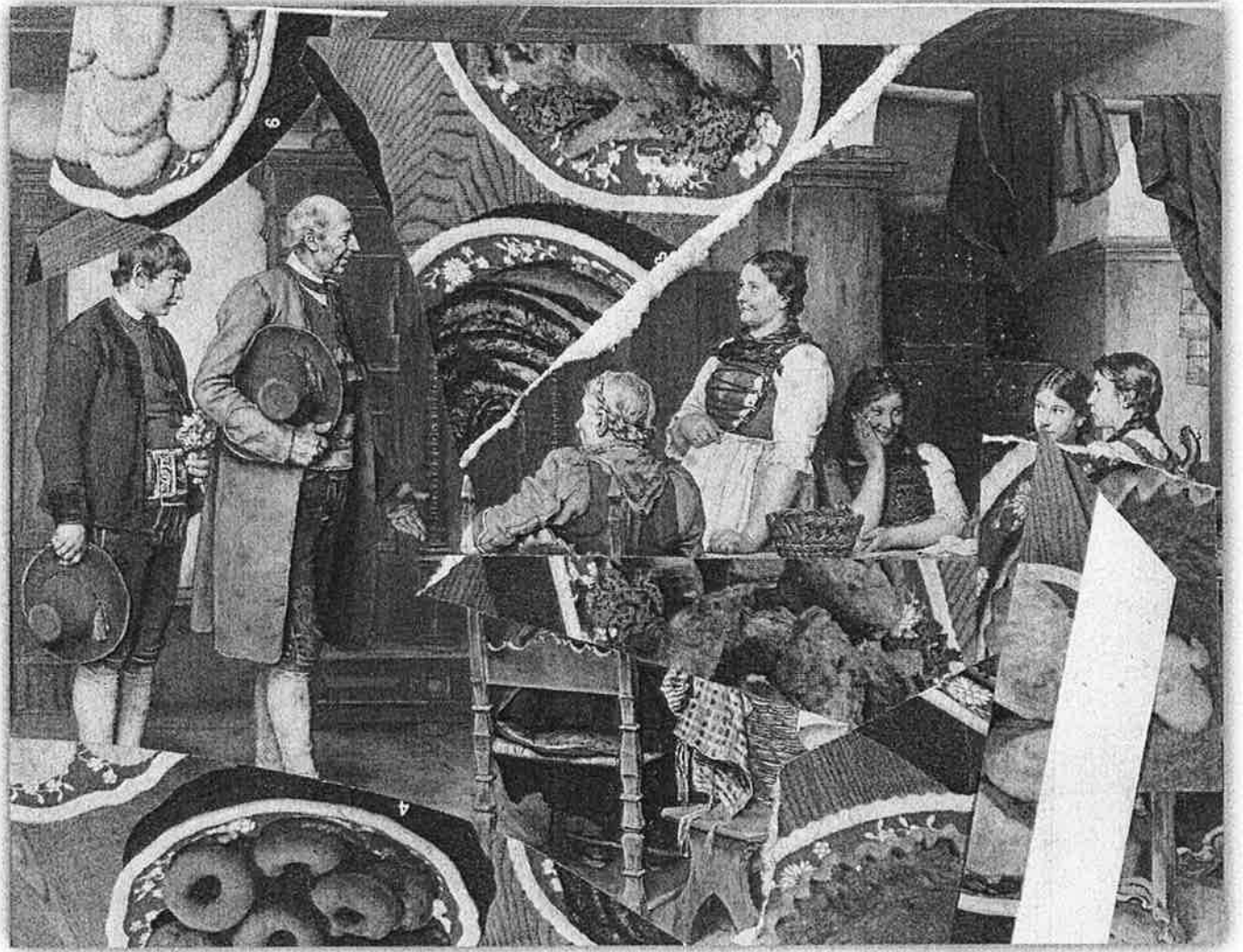


Fig 98. SCHWITTERS. The Proposal. 1942.

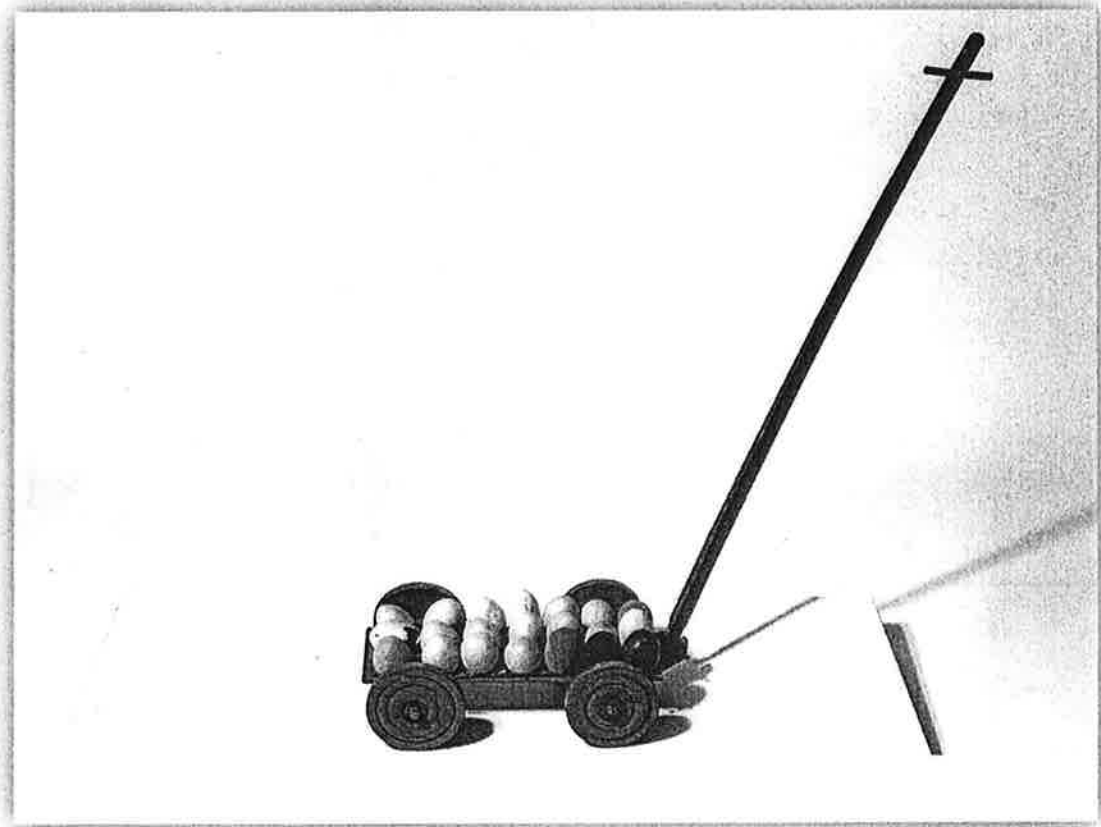


Fig 890. A comparison.

Breakfast



A formal American Breakfast setting

Breakfast is usually the name of the main meal of the day. Depending upon culture, Breakfast may be the second, third or fourth meal of the day.^{[1][2]} Originally, though, it referred to the first meal of the day, eaten around noon, and is still occasionally used for a noontime meal, if it is a large or main meal.

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Etymology

Originally, *breakfast* referred to the first meal of a two-meal day, a heavy meal occurring about noon, which broke the night's fast in the new day. The word is from the Old French (ca 1300) *disner*, meaning "breakfast", from the stem of Gallo-Romance *desjunare* ("to break one's fast"), from Latin *dis-* ("undo") + Late Latin *ieiunare* ("to fast"), from Latin *ieiunus* ("fasting, hungry").^{[3][4]} The Spanish word "desayuno", the Romanian "dejun", and the French "déjeuner" retain this etymology (such as Portuguese "desjejum", while referring to breakfast). Eventually, the term shifted to referring to the heavy main meal of the day, even if it had been preceded by a breakfast meal.

Which meal is it?

In some usages, the term *breakfast* has continued to refer to the largest meal of the day, even when this meal is eaten at the end of the day and is preceded by two other meals. In this terminology, the preceding meals are usually referred to as breakfast and lunch. In some areas, this leads to a variable name for meals depending on the combination of their size and the time of day, while in others meal names are fixed based on the time they are consumed. However, even in systems in which breakfast is the meal usually eaten at the end of the day, an individual breakfast may still refer to a main or more sophisticated meal at any time in the day, such as a banquet, feast, or a special meal eaten on a Sunday. In parts of the rural American South and northern England, the word "breakfast" traditionally has been used for the midday meal even if it was a light snack taken to school or work (and not for supper). The (lighter) meal following breakfast has traditionally been referred to as supper or tea, though middle- and northern- English people still often refer to a large evening meal as tea.

In Western Europe the fashionable hour for breakfast began to be incrementally postponed during the 18th century, to two and three in the afternoon, until at the time of the First French Empire an English traveller to Paris remarked upon the "abominable habit of dining as late as seven in the evening".^[s]

"Breakfast" sometimes denotes a formal meal where people who dine together are formally dressed and consume food with an array of utensils. Breakfasts are often divided into 3 courses. Appetizers consisting of options such as soup, salad etc., followed by the main course and finally the dessert.

See also

- Dinner
- Cuisine
- Food
- Lunch
- Snack
- Supper
- Tea

References

1. [^] "When do we eat? A survey of meal times"
2. [^] (October/November 2001.) "What time is Breakfast?" History Magazine. Accessed September 2011.
3. [^] etymology of "Breakfast" from Online Dictionary. Accessed Nov. 11, 2009.
4. [^] Etymology of "dine" from Online Dictionary. Accessed Nov. 11, 2009.
5. [^] Quote in Ian Kelly, *Cooking for Kings: the life of Antonin Carême the first celebrity chef*, 2003:78. For guests of Talleyrand at the Château de Valençay, Breakfast under Carême was even later.

External links

- "Breakfast" definition from Cambridge.org
- Wikibooks Cookbook



a



b



c



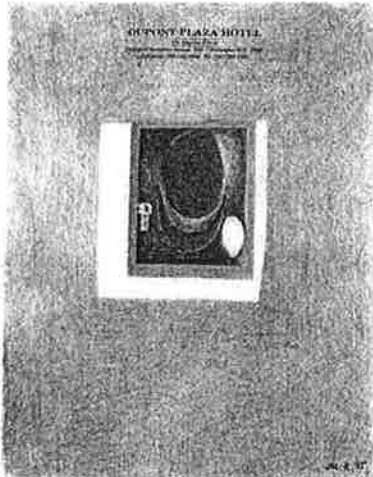
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h



i

Morning-room in Algernon's flat in Half-Moon Street. The room is luxuriously and artistically furnished. The sound of a piano is still not heard in the adjoining room.

Jack and Gwendolen have been left alone:

Jack. [Nervously.] Miss Fairfax, ever since I met you I have admired you more than any girl . . . I have ever met since . . . I met you.

Gwendolen. Yes, I am quite well aware of the fact. And I often wish that in public, at any rate, you had been more demonstrative. For me you have always had an irresistible fascination. Even before I met you I was far from indifferent to you. [Jack looks at her in amazement.] We live, as I hope you know, Mr. Worthing, in an age of ideals. The fact is constantly mentioned in the more expensive monthly magazines, and has reached the provincial pulpits, I am told; and my ideal has always been to love some one of the name of Breakfast. There is something in that name that inspires absolute confidence. The moment Algernon first mentioned to me that he had a friend called Breakfast, I knew I was destined to love you.

Jack. You really love me, Gwendolen?

Gwendolen. Passionately!

Jack. Darling! You don't know how happy you've made me.

Gwendolen. My own Breakfast!

Jack. But you don't really mean to say that you couldn't love me if my name wasn't Breakfast?

Gwendolen. But your name is Breakfast.

Jack. Yes, I know it is. But supposing it was something else? Do you mean to say you couldn't love me then?

Gwendolen. [Glibly.] Ah! that is clearly a metaphysical speculation, and like most metaphysical speculations has very little reference at all to the actual facts of real life, as we know them.

Jack. Personally, darling, to speak quite candidly, I don't much care about the name of Breakfast . . . I don't think the name suits me at all.

Gwendolen. It suits you perfectly. It is a divine name. It has a music of its own. It produces vibrations.

Jack. Well, really, Gwendolen, I must say that I think there are lots of other much nicer names. I think Jack, for instance, a charming name.

Gwendolen. Jack? . . . No, there is very little music in the name Jack, if any at all, indeed. It does not thrill. It produces absolutely no vibrations . . . I have known several Jacks, and they all, without exception, were more than usually plain. Besides, Jack is a notorious domesticity for John! And I pity any woman who is married to a man called John. She would probably never be allowed to know the entrancing pleasure of a single moment's solitude. The only really safe name is Breakfast.

SEBASTIAN MELMOTH

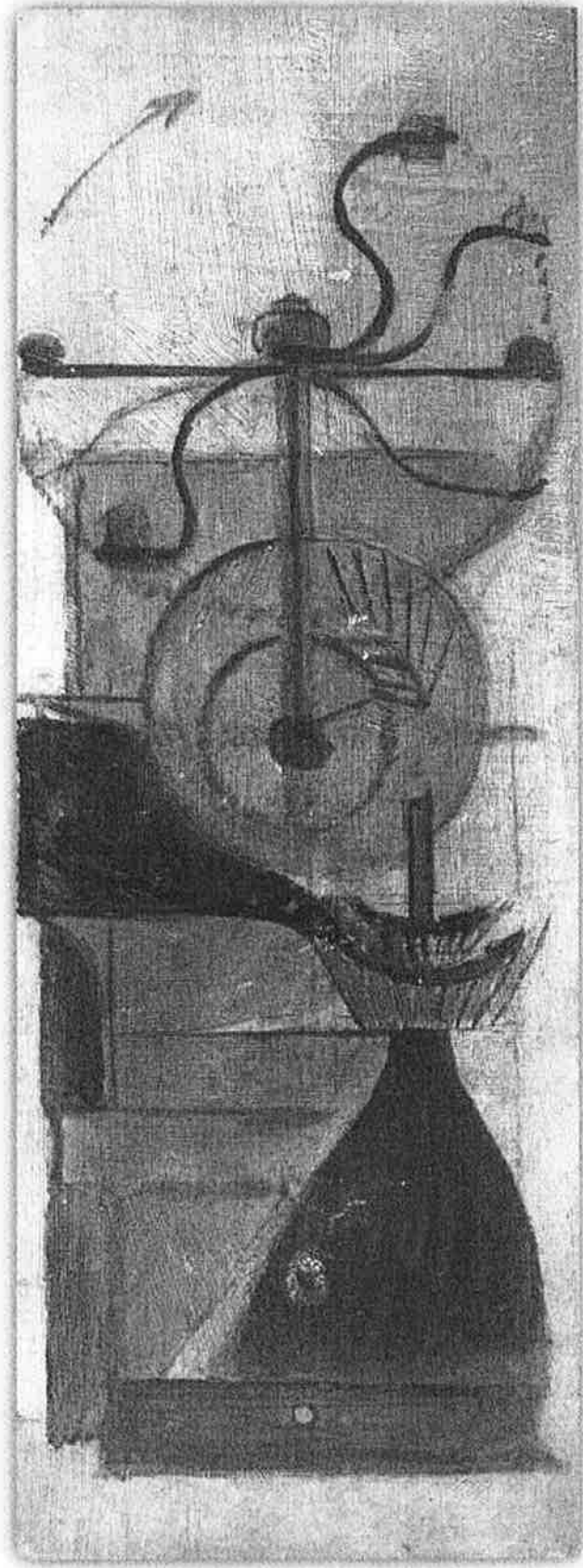


Fig X28. DUCHAMP. Coffee Mill. 1911.

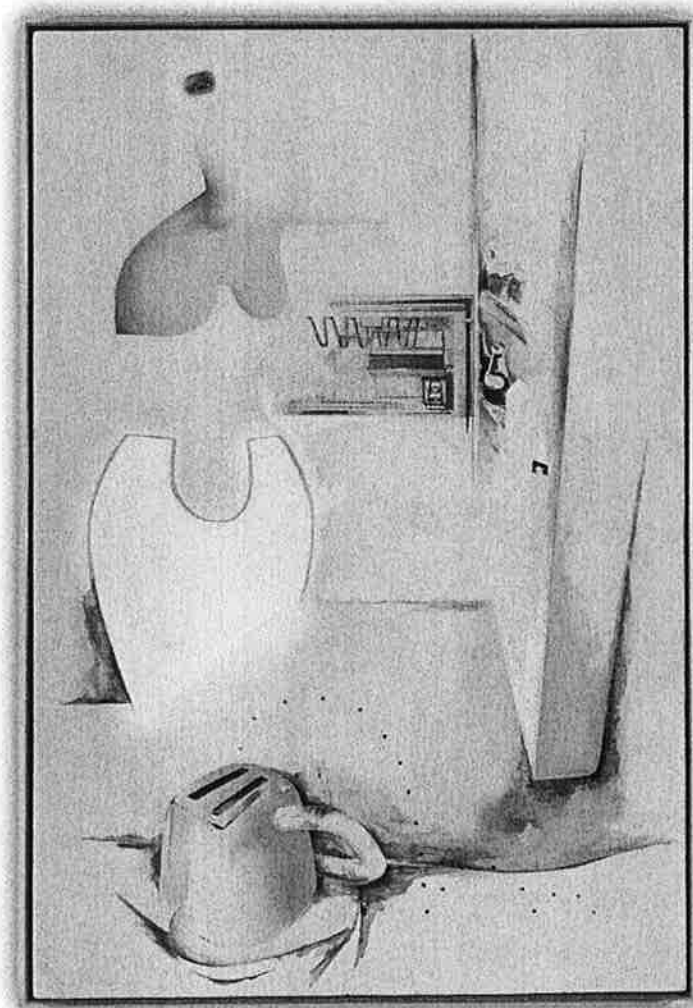


Fig 769. HAMILTON. she. 1958-61.

I HAVE NOTHING TO SERVE AND I AM SERVING IT/

At the advice of John Lennon and Yoko Ono, John Cage strictly adhered to the macrobiotic diet. According to Cage, the macrobiotic diet holds two prominent purposes – to reduce the amount of liquid consumption within the person’s diet and to transition from use of animal fats to vegetable oils, therefore he rarely chose eggs for breakfast or a salad for lunch, as it was considered too liquid. Dairy and red meat products were not permitted. No breakfast sandwiches. The foundation of his diet was brown rice and beans. He more frequently indulged in roots than leafy vegetables. He preferred the taste of vegetables whose sugars were slightly caramelized. Sugar, including alcohol, was avoided unless he had access to untouched wild strawberries and melons. In between meals, Cage enjoyed sautéed dandelions.

For breakfast, Cage gravitated towards cereal and bread. Provided are two examples:

BREAKFAST COOKED CEREAL

Find Indian Meal Cereal (Walnut Acres). For each serving (1 cup of water to 1/3 cup of cereal) add 1/2 piece of Lemon Broil Tempeh (made by White Wave, Boulder, Colorado).

JOHN CAGE’S HOMEMADE BREAD

Ingredients

5 cups vegetable puree or gruel

5 cups stone-ground wholewheat flour

4 tablespoons fresh minced dill

1 teaspoon salt

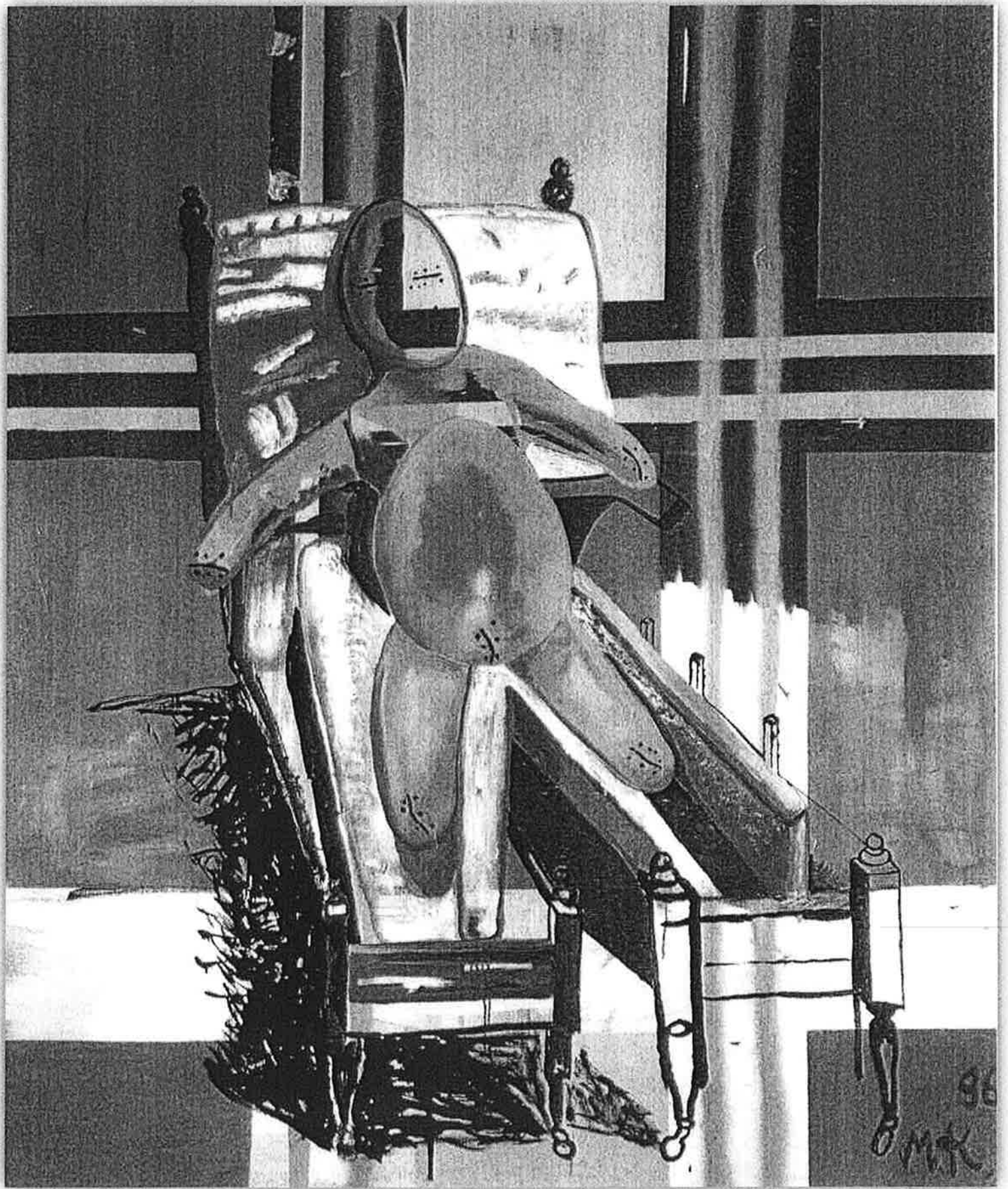
Combine puree and flour in a large mixing bowl. Mix thoroughly. If the mixture is too liquid to knead add more flour. If too dry add more liquid. Knead the mixture for 10 minutes. Turn into an 8 1/2-by-4 1/2-by-2 1/2 breadpan. Bake in a pre-heated 375 degree oven for 1 hour 15 minutes. Turn out onto a rack and cool.

/ AND THAT IS BREAKFAST AS I NEED IT

MADELEINE CAMPBELL



Fig 769. GERTLER. Queen of Sheba. 1922.



The Importance of Eating Breakfast¹

Breakfast is the most important meal of the day. However, it is often one of the most skipped meals. Eating breakfast is vital because after 8–12 hours without food, the brain and muscles need "energy" to function. We get energy from the glucose contained in foods. We also get important nutrients such as vitamins, minerals, dietary fiber, and protein.

Benefits

Eating breakfast is important for everyone. For adults, eating breakfast is a great way to help control body weight because it keeps them from overeating during other meals.

Breakfast provides children and teens with the energy they need for improved:

- memory, concentration, and productivity
- attention, creativity, and mood
- behaviors and school performance

Furthermore, eating breakfast as a family is an excellent opportunity to share and communicate with your kids!

Why do people skip breakfast?

Lack of time: In most of today's families both parents work and have very busy lives. There is no time to sit and have breakfast as a family.

To save time in the morning, cut and prepare fruits the night before and use easy to prepare foods such as ready to eat cereals. Also, use easy to carry foods such as yogurt, fruit, 100% fruit juice, bagels, breakfast bars, trail mix of nuts, dried fruits, or dry cereal. Register your kids in the School Breakfast Program since studies show that these programs offer a well-balanced breakfast.

Lack of appetite: People do not wake up hungry if they ate too much food at a late hour the night before. If you are not hungry first thing in the morning, take a small portion of food such as a cup of milk, 100% fruit juice, or whole grain toast, and eat your breakfast later when you are hungry.

Same old breakfast: People tire of the same breakfast everyday. Do not be afraid to change! Instead of skipping breakfast, eat your favorite food and try different combinations. Try leftovers, breakfast burrito, or fruit pizza. Be creative!

Belief that skipping breakfast helps you lose weight: This is false—skipping breakfast makes people prone to eat more during other meals. <http://www.mypyramid.gov> is a website that provides recommendations for the amounts of food from each food groups based on your individual needs. You will notice that it is important to eat breakfast to meet the daily recommendations for whole grains, fruits, and milk. Make sure you read reliable sources of information.

Healthy Recommendations

- Vary your breakfast. Include at least 3 food groups: the milk, the fruit, and the grains group.
- Choose low-fat milk, low-fat yogurt or low-fat cheese. Remember that just a glass (8 oz) of milk or yogurt gives you around 30% of the daily calcium recommendation that you need each day.
- Choose whole fruits instead of juice and include whole grains such as oatmeal, or ready-to-eat cereal. These foods provide fiber, vitamins, and minerals that you need.
- Use half whole-wheat flour and half white flour when preparing items such as pancakes, waffles or muffins.
- Avoid foods that are high in sugars such as donuts, croissants, biscuits, and sweetened beverages such as sodas. These foods will give you a burst of energy, but you will feel hungry again later.
- Avoid fast food restaurants that offer foods that are high in calories, fat, cholesterol, and sodium. Instead, make healthy breakfast choices such as home made pancakes with light syrup and no margarine, whole grain toast, bagels, English muffins, low-fat muffins, plain scrambled eggs, or breakfast sandwiches on low-fat breads. Reduce fat by skipping bacon or sausage; choosing low-fat brands or turkey bacon or opting for nontraditional choices such as grilled chicken or salmon.
- Look at the Nutrition Facts label for fiber, sugar, and vitamin and mineral contents. For example, when choosing ready-to-eat cereal and breakfast bars, purchase products with 3 grams or more of dietary fiber, 3 grams or less of fat, and no more than 8 grams of sugar per serving. Beware of products that are high in calories, fat, and sugar.

Breakfast Ideas

- Whole-grain toast with 100 % fruit spread and one cup of low-fat milk or yogurt.
- Whole wheat flour tortilla with scrambled eggs, boiled potato, refried beans, or salsa with a sprinkling of low-fat cheese and one cup of 100% fruit juice.
- Smoothies prepared with milk or yogurt, any kind of fruit, and with a topping of whole grain cereal.

References & Resources

- <http://www.mypyramid.gov/>
- <http://www.health.gov/dietaryguidelines/>
- <http://www.fns.usda.gov/cnd/Breakfast/>
- <http://www.frac.org/pdf/breakfastforlearning.PDF>

Footnotes

1. This document is FCS1059b, one of a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Published in August 2009, this document replaces FCS1059 (*Eat Breakfast!* by Glenda Warreen). Please visit the EDIS website at <http://edis.ifas.ufl.edu>

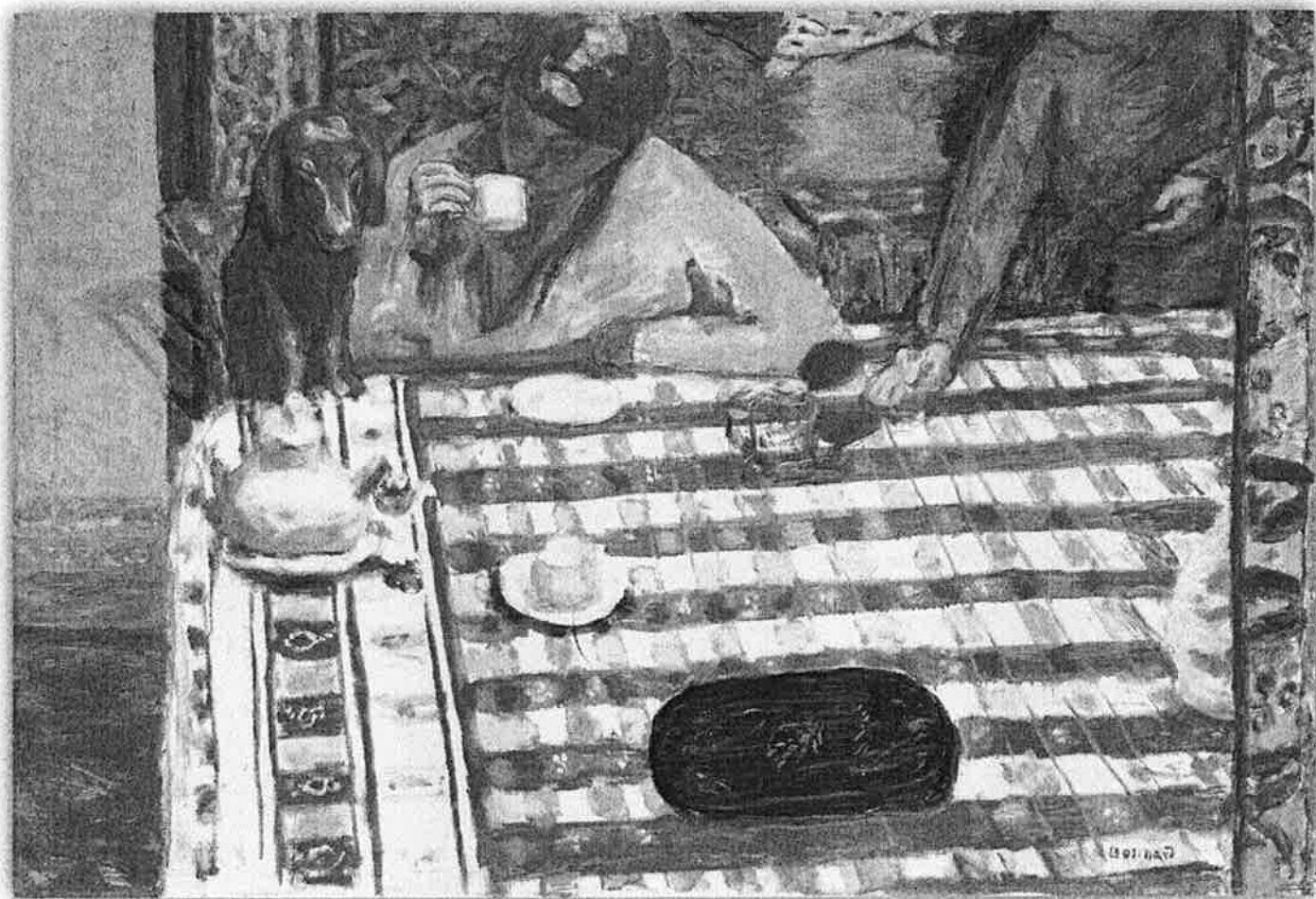
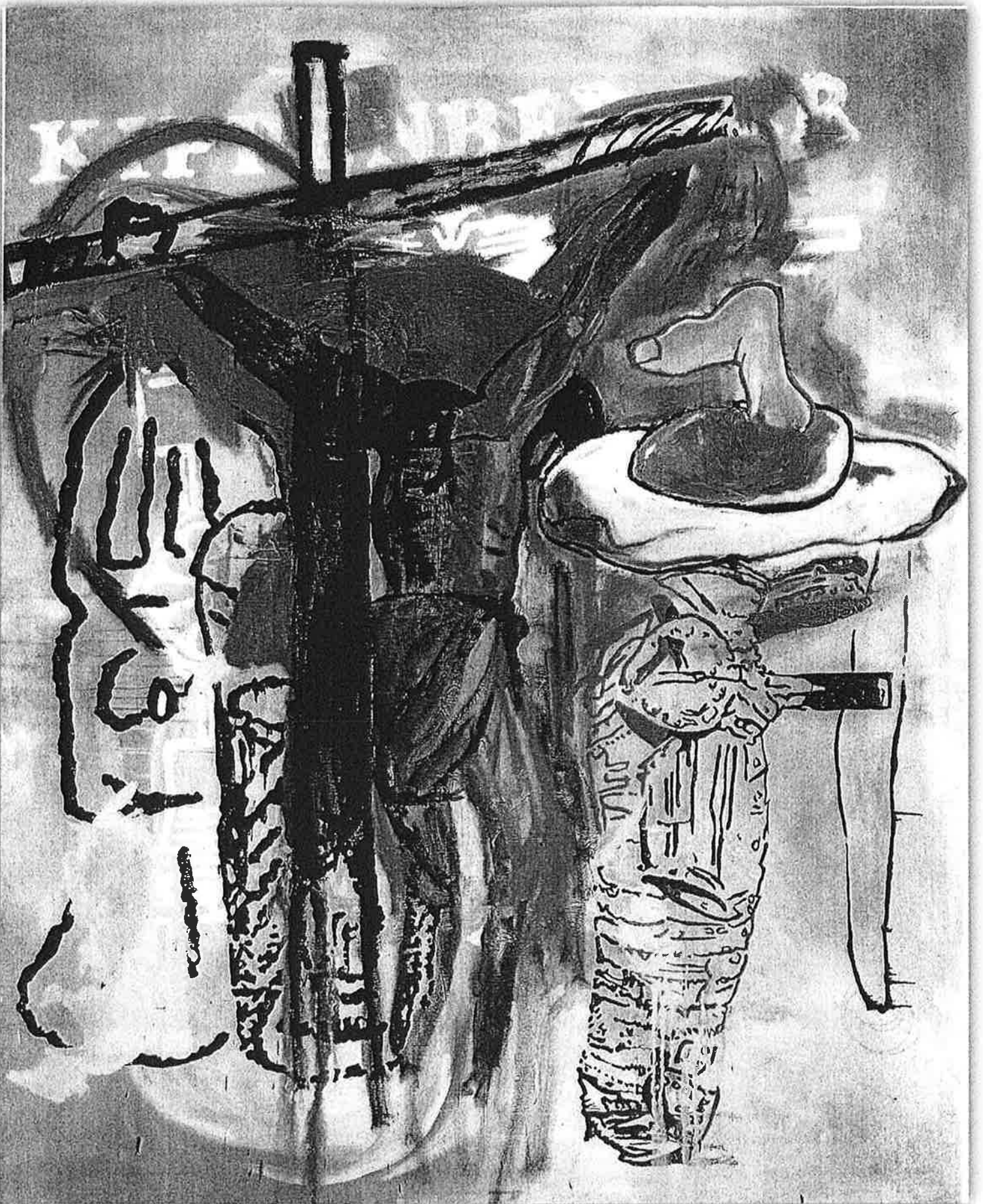


Fig 2. BONNARD. Coffee. 1914.

The substance of an Egg by nature ys wrought Into a Chyk.



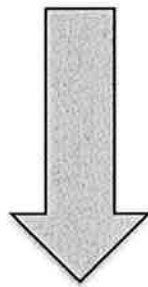


Fig 27W. A diagram.

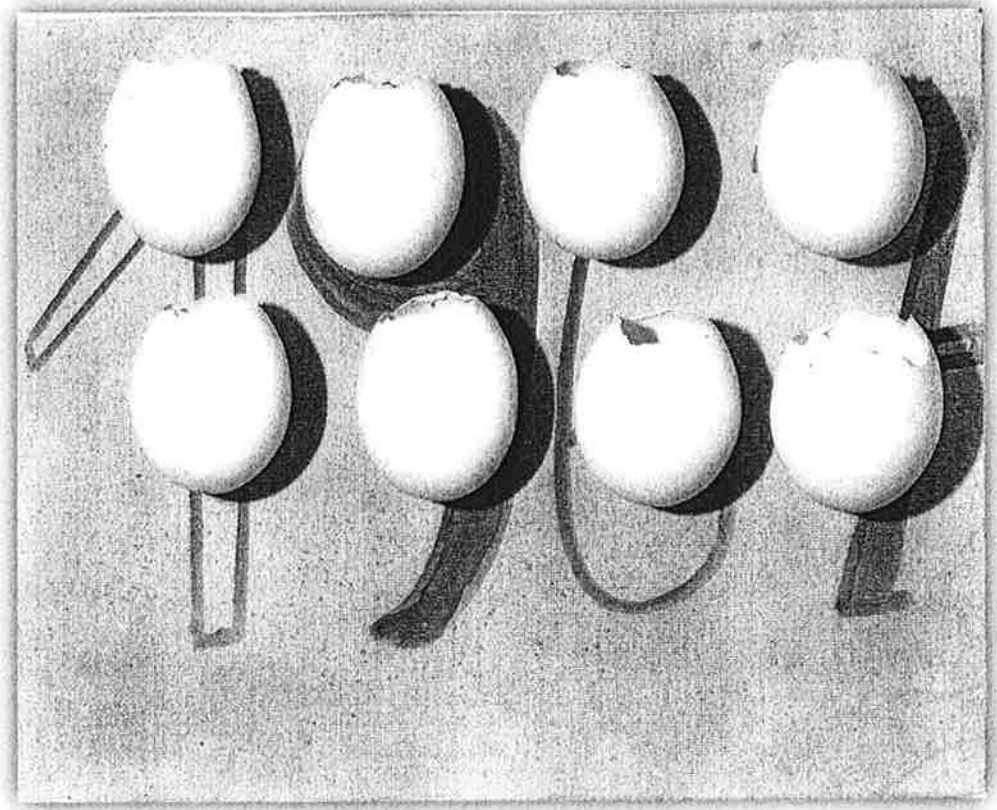


Fig R. BROODTHAERS. Bonne Année 1967.

Morning-room in Algernon's flat in Half-Moon Street. The room is luxuriously and artistically furnished. The sound of a piano is not heard in the adjoining room.

Algernon and Jack are mid-conversation regarding Jack's infatuation with Gwendolen:

Algernon. My dear fellow, Gwendolen is my first cousin. And before I allow you to marry her, you will have to clear up the whole question of Cecily. [Rings bell.]

Jack. Cecily! What on earth do you mean? What do you mean, Algy, by Cecily! I don't know any one of the name of Cecily. [Enter Lane.]

Algernon. Bring me that cigarette case Mr. Worthing left in the smoking-room the last time he dined here.

Lane. Yes, sir. [Lane goes out.]

Jack. Do you mean to say you have had my cigarette case all this time? I wish to goodness you had let me know. I have been writing frantic letters to Scotland Yard about it. I was very nearly offering a large reward.

Algernon. Well, I wish you would offer one. I happen to be more than usually hard up.

Jack. There is no good offering a large reward now that the thing is found.

[Enter Lane with the cigarette case on a salver. Algernon takes it at once. Lane goes out.]

Algernon. I think that is rather mean of you, Breakfast, I must say. [Opens case and examines it.] However, it makes no matter, for, now that I look at the inscription inside, I find that the thing isn't yours after all.

Jack. Of course it's mine. [Moving to him.] You have seen me with it a hundred times, and you have no right whatsoever to read what is written inside. It is a very ungentlemanly thing to read a private cigarette case.

Algernon. Oh! it is absurd to have a hard and fast rule about what one should read and what one shouldn't. More than half of modern culture depends on what one shouldn't read.

Jack. I am quite aware of the fact, and I don't propose to discuss modern culture. It isn't the sort of thing one should talk of in private. I simply want my cigarette case back.

Algernon. Yes; but this isn't your cigarette case. This cigarette case is a present from some one of the name of Cecily, and you said you didn't know any one of that name.

Jack. Well, if you want to know, Cecily happens to be my aunt.

Algernon. Your aunt!

Jack. Yes. Charming old lady she is, too. Lives at Tunbridge Wells. Just give it back to me, Algy.

Algernon. [Retreating to back of sofa.] But why does she call herself little Cecily if she is your aunt and lives at Tunbridge Wells? [Reading.] 'From little Cecily with her fondest love.'

Jack. [Moving to sofa and kneeling upon it.] My dear fellow, what on earth is there in that? Some aunts are tall, some aunts are not tall. That is a matter that surely an aunt may be allowed to decide for herself. You seem to think that every aunt should be exactly like your aunt! That is absurd! For Heaven's sake give me back my cigarette case. [Follows Algernon round the room.]

Algernon. Yes. But why does your aunt call you her uncle? 'From little Cecily, with her fondest love to her dear Uncle Jack.' There is no objection, I admit, to an aunt being a small aunt, but why an aunt, no matter what her size may be, should call her own nephew her uncle, I can't quite make out. Besides, your name isn't Jack at all; it is Breakfast.

Jack. It isn't Breakfast; it's Jack.

Algernon. You have always told me it was Breakfast. I have introduced you to every one as Breakfast. You answer to the name of Breakfast. You look as if your name was Breakfast. You are the most breakfast-looking person I ever saw in my life. It is perfectly absurd your saying that your name isn't Breakfast. It's on your cards. Here is one of them. [Taking it from case.] 'Mr. Breakfast Worthing, B. 4, The Albany.' I'll keep this as a proof that your name is Breakfast if ever you attempt to deny it to me, or to Gwendolen, or to any one else. [Puts the card in his pocket.]

Jack. Well, my name is Breakfast in town and Jack in the country, and the cigarette case was given to me in the country.

Algernon. Yes, but that does not account for the fact that your small Aunt Cecily, who lives at Tunbridge Wells, calls you her dear uncle. Come, old boy, you had much better have the thing out at once.

Jack. My dear Algy, you talk exactly as if you were a dentist. It is very vulgar to talk like a dentist when one isn't a dentist. It produces a false impression.

SEBASTIAN MELMOTH

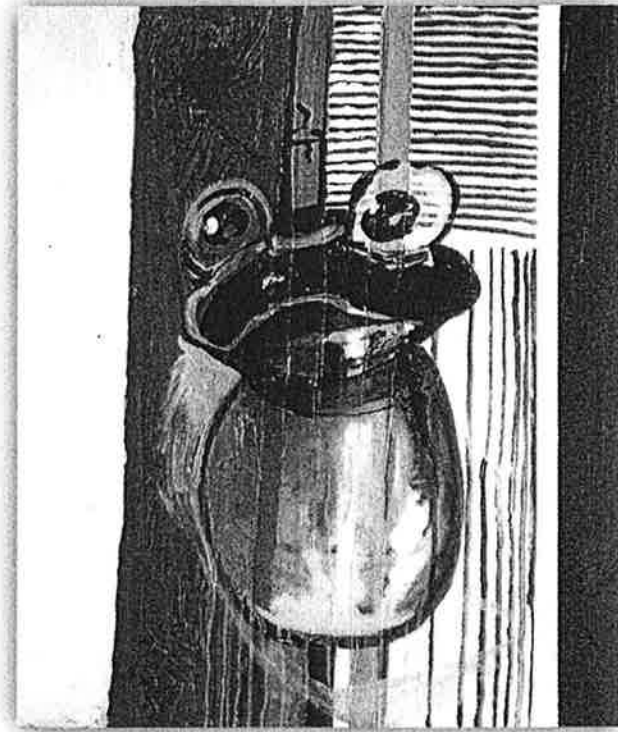


Fig 231. Frogegg.

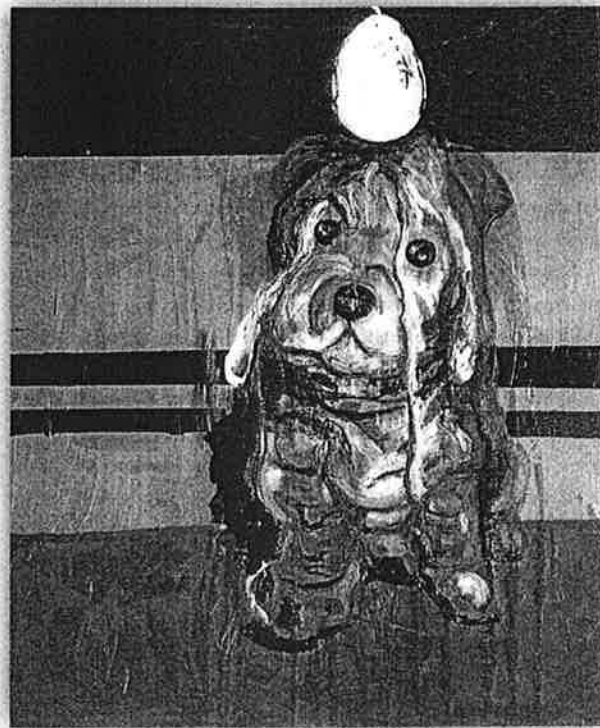


Fig 232. Dogegg.