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# SymmetryBreakfast: 100 Recipes For The Loving Cook



## Synopsis

SymmetryBreakfast: 100 Recipes for the Loving Cook is a cookbook about the most important meal of the day—how to make it with love, present it with style, and eat it with pleasure. A guide to feeding not only your own soul, but the souls of your loved ones too. Alongside 90 internationally inspired recipes, gorgeous photography shot entirely on an iPhone, and lessons in the art of food-styling, this unconventional cookbook explores what breakfast is and what it means to people around the world. Surprising with the foreign and delighting with the familiar, it offers ideas for perfectly plated assembly breakfasts to more complex dishes for seasoned cooks, and all recipes with great stories behind them. For foodies and feeders alike, SymmetryBreakfast will cheer you up, make you hungry, and change the way you think about breakfast. SymmetryBreakfast started as a phenomenally popular Instagram incorporating world cuisines, contemporary design, and a story of love over the meal of breakfast. Michaela's Instagram has been featured in The Guardian, Washington Post, Telegraph, Sunday Times, and endorsed by Jamie Oliver.

## Book Information

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## Customer Reviews

"Serious breakfast inspiration." — Jamie Oliver "It just shows how you can take the everyday and make it beautiful." — Kevin Systrom, CEO & Co-founder of Instagram "Mouthwatering — a veritable feast for the eyes." — InStyle AS SEEN IN: Bravo's The Feast, Extra Crispy, and PAPER Magazine.

Michael Zee studied photography at the Arts Institute at Bournemouth and later went on to teach Art and Design in secondary schools in London's East End. He then completed his masters in Museums and Galleries in Education at the Institute of Education and has worked at Tate Modern, Tate Britain, and most recently in public programming at the Victoria & Albert Museum, London. Michael's passion for cooking comes from his parents and his mixed English, Scottish, and Chinese heritage. Weekends and school holidays would be spent working in his father's Chinese and English chippies in Liverpool and teaching himself to bake for his mother's sweet tooth. Michael created SymmetryBreakfast for his partner Mark in their Hackney flat in 2013. Mark's hectic job as a menswear fashion designer means late nights and weekends in the office. Early on in their relationship, breakfast became a sacred moment in the day and Michael started on his mission to make each meal as celebratory as possible. Over 1,000 breakfasts later, Michael still wakes up early to make breakfast for Mark, looking carefully around the world and at home for inspiration, taking a simple idea and making it beautiful.

Beautiful book. Practical recipes.

This book is beautiful and takes you all over the world with breakfast! Amazing pictures and thoughtful tips. I gave it as a gift for Christmas because I loved it so much, the receiver was in awe! Well done, Michael Zee!

The photography is amazing and the recipes are beautiful; however the recipes are pretentious AF. Wish I would have realized that and done more research going in, because none of these recipes are easy for the casual chef-wanna-be.

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