

31 GREAT RECIPES TO JUMP-START YOUR DAY

SAVEUR

Savor a World of Authentic Cuisine

**HOMEMADE
BREAKFAST
SAUSAGE**

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*The World's
Best Coffees*

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THE BREAKFAST ISSUE

Rise and shine! It's our grand tour
of morning meals from around the globe

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AGENDA: GLOBAL BREAKFAST



JANUARY

1-3

O-SHŌGATSU (NEW YEAR)*Japan*

In Japan, the year's first breakfast centers on ozōni, a soup of pounded rice cakes simmered in dashi. Additionally, elaborate o-sechi ryori—meals, served in compartmentalized boxes (pictured, left), consisting of herring roe, black soybeans, and other auspicious foods—are premade to allow even diehard cooks to relax and enjoy the New Year's festivities. Information: www.jnto.go.jp.w.

JANUARY

1969

Anniversary:

BLACK PANTHER BREAKFASTS FOR SCHOOLCHILDREN

In 1969, the Black Panther Party (co-founder Bobby Seale is pictured below) launched its most famous social-service program: a before-school breakfast for children, at St. Augustine's Church in Oakland, California. Within a year, the Panthers were feeding 10,000 children around the country every day, far surpassing federal antihunger efforts.

FEBRUARY

1964

Anniversary:

FIRST TOASTER PASTRY INTRODUCED NATIONWIDE

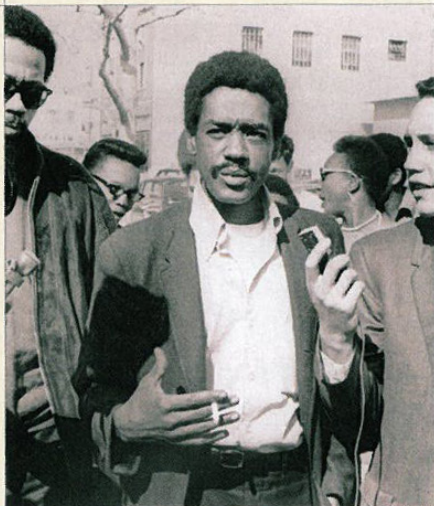
Designed to be heated in an electric toaster, Post Country Squares, created by General Foods, was the first of its kind. These jelly-filled Pop Tart precursors were never a hit, however; even after giving them a snappier name—Toast'em Pop Ups—the company ceased production of the handheld breakfast in 1972.

APRIL

11-12

ŚWIĘCONKA*Poland and the United States*

Polish families in both the Old World and the New spend the Saturday before Easter taking baskets filled with symbolic foods to church for the *święconka*, or blessing of the baskets. After Easter mass the following morning, holiday standbys such as hard-boiled eggs and babka and butter sculptures in the shape of lambs are unpacked and laid out for Easter breakfast.

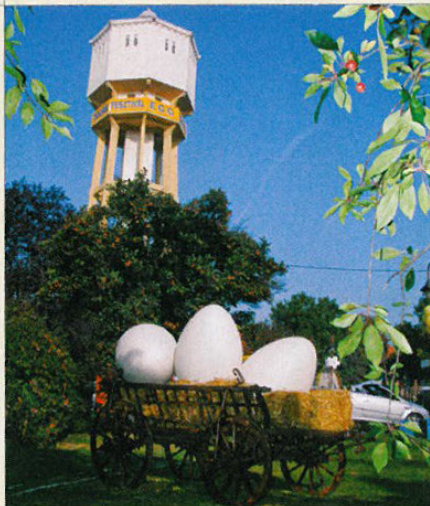


MAY

25

EL DÍA NACIONAL DEL GALLO PINTO*San José, Costa Rica*

In an annual display of appetite and national pride, revelers converge on paseo Colón in San José to celebrate (and eat) Costa Rica's ubiquitous breakfast dish, gallo pinto: rice and black beans flavored with sweet peppers and cilantro. Chefs prepare 35,000 servings using 1,500 kilograms each of rice and beans. Information: www.visitcostarica.com.



JULY

16-18

BAGELFEST*Mattoon, Illinois*

Many think of Montreal and New York as North America's bagel capitals, but every July the town of Mattoon, Illinois, home of the Lender's Bagels factory, lays its own claim to the widely esteemed breakfast bread with a week-end of music, pageants, parades, and, of course, bagels with plenty of butter, jam, and cream cheese. Information: 800/500-6286.

OCTOBER

10-12

TOJÁSFESZTIVAL (INTERNATIONAL EGG FESTIVAL)*Siófok, Hungary*

Each fall, the town of Siófok celebrates the egg with three days of music, dancing, and egg-themed artwork (above, right). On the last day, there is a great cracking of eggs—7,500 chicken eggs and 1,000 quail eggs, to be precise—for the making of a giant tojáspörkölt, an omelette filled with bacon, ham, and onion. Information: 212/695-1221.

NOVEMBER

1933

Anniversary:

ESPRESSO COMES HOME

With the introduction of the Bialetti company's Moka Express stovetop espresso maker, Italian coffee moved from the café into the home. Alfonso Bialetti's iconic art deco design, inspired by an old-fashioned washing machine, remains virtually unchanged today, and the line of aluminum pots it spawned is still going strong: 90 percent of Italian households own at least one of them.

