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## Toast: Homage to a Superfood

*Nick Parker*

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### Homage to a superfood

Nick Parker

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**Nick Parker : Toast: Homage to a Superfood** before purchasing it in order to gage whether or not it would be worth my time, and all praised Toast: Homage to a Superfood:

1 of 1 people found the following review helpful. Very, very funny and very, very pointlessBy David LuceyThis is the type of book that appeals to those who like an eccentric element to their reading. The wuthor writes a geniunely funny book and it makes for an ideal gift for somebody with a quirky sense of humour,Highly recommended,David

Some people deliberately buy really tall bread, so that the top bit sticks out of the toaster to yield a combination of well-toasted and hardly-toasted areas. These people are just weird. Everything you could possibly want to know about toast: learn why the Victorians thought toast-flavored water was good for your health, marvel at Mrs. Beeton's "toast sandwich" (a piece of toast between to slices of bread) and get needlessly embroiled in the Great Marmite Debate. With more than 30 recipes, Toast takes a satirical look at the greatest of fast foods.

"Parker is certainly very enthusiastic and knowledgeable about his subject. He clearly loves toast." mdash;Guardian