

THE **BIG BOOK** OF **BREAKFAST**

MARYANA VOLLSTEDT



SERIOUS COMFORT FOOD
FOR ANY TIME OF THE DAY

The Big Book of BREAKFAST

serious comfort food for anytime of day

By Maryana Vollstedt



DEDICATION

To my husband, Reed, who is my advisor, tester, shopper, confidant, and best friend plus computer person. He has encouraged and supported me throughout my years of writing cookbooks. My books are really a team effort, and I couldn't have produced them without him. Thank you, Reed.

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PREFACE

This breakfast book would not be complete without a description of the Vollstedt family's Easter celebration. For us, Easter is about as big as Christmas. It begins with a brunch, a highlight of which is our famous "egg cracking contest" and the crowning of the winner holding the champion egg. This tradition started in Germany more than 80 years ago and has been carried on by five generations of the Vollstedt clan. There are usually 40 to 50 in attendance. Everyone contributes to the meal with their favorite side dishes and pastries.

For the contest, each person holds a soft-boiled egg. They tap the eggs together, end to end, each trying to crack the other person's egg while keeping his or her own egg whole. This continues throughout the entire meal until the person holding the last uncracked egg is declared the winner. Each cracked egg must be eaten on fried potatoes and ham before another one comes into action.

The younger kids delight in the destruction, but the older kids and adults take it very seriously and try hard to hold the champion egg. No, it's not as messy as it sounds. We've had only a few accidents, and these were quickly cleaned up. In the olden days, some of the men in my husband's father's family of 12 would see who could be the first to eat a dozen eggs (this was before cholesterol became a health concern).

Another Easter tradition is making Easter nests for the bunny to fill. Commercial, frilly store-bought baskets are not allowed because no one could afford them back in the early days on the family farm. The children head for the woods, where they gather twigs, branches, cones, grass, rocks, and flowers to make their own creative baskets on the lawn. Over the years, these have become masterpieces of art. After the kids have been lured back inside, the Easter bunny finds his way to the nests and fills them with Easter goodies.

This is followed by an egg hunt for all ages. The grand prize is the golden egg, always, wrapped in a five-dollar bill. (It used to be a dollar bill, but over the years it has gone up.)

This is our tradition, but many families have their own Easter traditions of attending church services followed by a brunch at home or at a restaurant or a big potluck dinner. Easter is a time for families to be together and enjoy each other.

INTRODUCTION

In *The Big Book of Breakfast*, you will find more than 300 delicious recipes that you can combine for exciting breakfasts and impressive brunches.

Learn all about eggs and how to cook them plus some of the basics, and updated tips and helpful hints.

Start the day right with a healthful breakfast that will get you going. Wake up to a bowl of hot whole-grain cereal or a satisfying stack of fluffy buttermilk pancakes with real maple syrup. You will enjoy blueberry waffles and oven-baked pepper bacon or sausage patties with a steaming cup of freshly brewed coffee. Or if you prefer, lightly scrambled eggs, or an omelet filled with cheese and mushrooms along with a heaping plate of home fries served with a fresh tropical fruit plate and a drizzle of strawberry purée.

Your brunch will be a breeze with make-ahead stratas, creative casseroles, and savory quiches enhanced by rich scones, luscious orange muffins, or melt-in-your mouth biscuits.

Just turn the pages and enjoy!

BREAKFAST

Nutritionists rate breakfast the most important meal of the day. Begin with a well-planned, well-balanced meal that will provide energy and satisfy you through the morning. A good breakfast sets the mood for the day!

If you don't have time to prepare a hearty meal of eggs, meat, pancakes, or waffles, rely on a high-fiber cereal and fresh fruit and serve breakfast another time of the day.

Breakfast fare is so good and easy to make, it shouldn't be ignored or limited to the morning meal. It can also be served for lunch, dinner, or a late-night supper.

BRUNCH

A brunch is a late-morning breakfast that drifts over into lunch. Brunches are a great way to celebrate a special event or holiday. They are easy, fairly inexpensive, casual, and a fun way to entertain. Usually held on weekends or holidays when there is leisure time for eating and conversation, brunches typically start about 11 and often last until 2.

Home brunches do not have to be as elaborate and spectacular as some of the restaurant brunches that offer an endless array of choices. Plan a menu that is comfortable for you. For a large crowd, offer a selection of complementary food arranged on a buffet table for guests to help themselves. For a smaller, informal brunch, serve waffles, omelets, or French toast, and let your guests help in the preparation.

TIPS FOR PLANNING A BRUNCH

- Make sure your menu includes a variety of dishes of contrasting colors, shapes, textures, and flavors such as egg-based casseroles and other specialty dishes along with an assortment of breakfast meats, cheeses, a basket of fancy breads with toppings, and an exotic fruit platter or a compote of seasonal fruit.

- Plan ahead, and prepare as much food as possible in advance.
- Set the table with casual linens, tableware, and fresh flowers.
- Serve an assortment of beverages—frosty pitchers of freshly squeezed orange juice or other juices, coffee, and tea. If you like, offer champagne or other light alcoholic brunch beverages (see [pages 27 to 32](#)).

BREAKFAST BEVERAGES

Drinks for breakfast go beyond juice, coffee, and tea. Featured in this chapter are your favorite drinks with variations, plus some popular spirited brunch drinks.

Juice, coffee, and tea are the traditional breakfast drinks in the United States. Hot chocolate, more popular in Europe, can also be a warming and welcome drink on a cold winter day.

Smoothies make a quick breakfast and can also be a brunch dessert drink. They are especially appealing to children, who enjoy the process of making them.

Juices are usually served before the meal. The many choices available include a variety of citrus juices, tomato and vegetable juices, grape juice, pineapple juice, apple juice, and exotic fruit juices or a combination of juices. Freshly squeezed orange juice is the most popular breakfast juice and is superior to commercially prepared products.

COFFEE

Coffee comes from all parts of the world. The only coffee produced in the United States is the Kona variety grown in Hawaii. Commercially, coffee is the most important beverage on the market. Ground coffee is available vacuum packed in sealed containers or in packages. Fresh-roasted beans (regular and decaffeinated) are available in many blends and flavors and can be ground at the store or at home (if you have a coffee grinder). Instant coffee is available in jars in powdered form, as freeze-dried granules (crystals), and in individual packets. Espresso stands and coffee shops offer a wide choice of popular coffee drinks made with a special espresso machine, and good home espresso machines now let you prepare these drinks in your own kitchen.

TIPS FOR STORING AND MAKING COFFEE

Making a good cup of coffee depends on the coffee blend (whole beans or ground) and the coffeemaker. Adding cream and sugar is a personal choice.

- The coffeemaker must be absolutely clean; oils and residue can affect the taste. Wash it with soapy water, and dry it after each use.
- Use only fresh coffee. Buy only enough beans or ground coffee to last a week or two.
- Store coffee in an airtight container in a cool place.
- Grind coffee beans just before brewing, and grind just enough for one pot.
- Start with fresh, cold water (bottled water preferred).
- Use 2 level tablespoons coffee per cup of cold water for strong coffee, or 1½ tablespoons coffee per cup of water for medium-strength coffee. This will vary with the grind, coffeemaker, and personal preference. Experiment to see what is best for you.
- Match the coffee grind to the coffeemaker; there are several styles of coffeemakers on the market. Automatic drip makers are the most popular. Use a gold filter or paper filters.

- Do not leave brewed coffee in the coffeemaker on high heat for longer than 20 minutes. Instead, ~~transfer coffee to a heated thermos. Reheating coffee destroys the flavor.~~
- Serve coffee piping hot in mugs or cups.
- When entertaining, offer both regular and decaffeinated coffee along with cream and sugar.

TEA

Tea is native to China and is the most popular drink in the world. Tea comes in many varieties and blends and is sold loose, in packages or by the pound, or in individual teabags. The three main types of tea are black tea, green tea, and oolong tea. Scientific studies have shown that tea has health benefits and increases the body's antioxidant activity.

Specialty teas are flavored with various floral or spice additions. Herbal teas are infused with herbs, flowers, and spices. Instant tea is available powdered in jars. True tea drinkers prefer the full flavor loose tea leaves made in a teapot and steeped for a few minutes. Like coffee, tea is available in both regular and decaffeinated form.

TIPS FOR STORING AND MAKING TEA

- Store tea in a dark, dry place. Don't keep it in the refrigerator.
- Use a ceramic or glass teapot; avoid ones made of metal. Rinse the pot with boiling water.
- Start with fresh, cold water (preferably bottled water), and bring it to a boil.
- Use 1 teaspoon tea leaves or 1 teabag per cup of water. Pour boiling water over the tea, stir, and steep, covered, for 3 to 5 minutes. If using tea leaves, pour the tea through a strainer into a cup, use a tea ball (infuser). If using a teabag, remove the bag.
- To make tea in a microwave, place 1 teabag in 1 cup cold water and microwave for 2 minutes on high. Let stand for 20 seconds, then remove the bag.
- Sun tea is made by placing 10 teabags in 1 quart of water in a glass container and allowing it to steep in the direct sun for 6 hours. Serve iced. Add more water, if needed.

HOT CHOCOLATE

Hot chocolate is made from cocoa powder or baking chocolate, water, sugar, and milk.

SMOOTHIES

Smoothies are made with fruit juice or other liquid and chopped fresh fruit and mixed in the blender. Protein powder is often added.

BRUNCH DRINKS

An introductory drink, with or without alcohol, is customarily served before a brunch. These starters get the affair going and put everyone in a party mood. Chilled drinks are generally served before the food, and hot drinks are offered during or at the end of the meal.

Offer three kinds of coffee—caffeinated, decaffeinated, and flavored. Thermos containers will allow your guests to serve themselves. In addition to sugar, milk, and cream, provide add-ins such as cocoa in shakers, orange and lemon twists, and whipped cream. Have several varieties of tea ready in teapots, kept hot on a warming tray.

In addition to the usual breakfast juices, you may want to serve a punch, champagne, or one of the many popular drinks containing a moderate amount of alcohol. If the meal is a late brunch, wine may be in order. Serve a wine that is light, crisp, and fruity.

SPICED MOCHA

If you love coffee and chocolate, here is a combination you will enjoy: a blend of coffee and cocoa spiced with cinnamon and nutmeg. The optional whipped cream topping adds extra goodness.

8 cups freshly brewed strong, hot coffee

1 cinnamon stick, broken up

2 tablespoons unsweetened cocoa powder

1 tablespoon sugar

Few gratings of nutmeg or dash of ground nutmeg

[Whipped Cream](#) for topping (optional)

Make coffee with the cinnamon stick in the coffee grounds. When coffee has brewed, stir in cocoa, sugar, and nutmeg. Let this mixture sit for 5 minutes. Stir before serving. Top each serving with a dollop of whipped cream, if desired.

SERVES 4

HOT CHOCOLATE

Use unsweetened baking chocolate in this classic, warming drink, for a true chocolate flavor.

2 squares (2 ounces) unsweetened chocolate, cut up

1 cup water

1/3 cup sugar

Dash of salt

3 cups milk

1 teaspoon vanilla extract

In a medium saucepan over medium-high heat, melt chocolate with water, stirring constantly. Stir in sugar and salt and bring to a boil. Reduce heat to low and simmer, stirring constantly, for 3 minutes. Increase heat to medium and add milk. Stir until hot and smooth, about 2 minutes. Remove from heat and add vanilla. Pour into mugs and serve.

Note: For a foamy consistency, beat the hot chocolate with a hand beater after adding the milk.

SERVES 6

LUSCIOUS HOT CHOCOLATE

Serve this warming drink, spiked with Kahlúa, if desired, after a cold winter outing or for a buffet finale.

3/4 cup sugar

1/2 cup unsweetened cocoa powder

1/2 cup water

Dash of salt

3 cups milk

1 1/2 cups half-and-half

1 jigger (1 1/2 ounces) Kahlúa liqueur, or 1 teaspoon vanilla extract (optional)

[Whipped Cream](#) for topping (optional)

In a medium saucepan over medium heat, whisk together sugar, cocoa, water, and salt until smooth. Cook until it starts to bubble, then whisk in milk and half-and-half. Add Kahlúa or vanilla, if desired, and stir until hot. Serve in mugs topped with a dollop of whipped cream, if desired.

SERVES 4

HOME-BREWED CAPPUCINO

All you need to make cappuccino at home is strong coffee and a blender for whipping the milk until it's frothy

1 cup milk

3 cups strong, hot coffee (use an espresso blend)

1 tablespoon unsweetened cocoa powder

1 teaspoon sugar

Ground cinnamon for topping (optional)

In a medium saucepan over medium heat, heat milk until bubbles form around edge of pan. Do not boil. Blend hot milk in a blender on high speed until frothy. Fill 4 mugs three-fourths full of coffee. Pour milk over coffee. In a small bowl, mix cocoa and sugar and sprinkle on top. Add a dash of cinnamon, if desired. Serve immediately.

SERVES 1

IRISH COFFEE

Guaranteed to warm the cockles of your heart, Irish coffee is a hot drink of strong coffee, Irish whiskey, and a small amount of sugar. It is traditionally served in a glass mug with a dollop of whipped cream on top. This is fun to serve for a St. Patrick's Day brunch.

1 tablespoon brown sugar, or 1 sugar cube

1 jigger (1½ ounces) Irish whiskey

About 1 cup freshly made hot coffee

1 tablespoon heavy cream or [Whipped Cream](#)

Place sugar in a warmed, heatproof, stemmed glass or mug. Add whiskey and stir until sugar is dissolved. Add coffee, filling the glass to within ½ inch of the top. Top with cream.

SERVES 4 TO 6

CITRUS COOLER

Serve this lively wake-up drink for a brunch or for a refreshing drink on a hot summer day. If desired, add a jigger of vodka or gin.

Ice cubes

2 cups fresh grapefruit juice

2 cups fresh orange juice

2 limes, 1 juiced and 1 sliced

2 cups club soda

Fill a large pitcher half full of ice cubes. Add juices and club soda and stir. Serve immediately in large, frosted wine glasses. Float a lime slice on top of each serving.

SERVES ABOUT 5

ORANGE-PINEAPPLE DRINK

You can mix the juices together ahead of time for this sparkling drink, keeping them chilled, and then add the ginger ale just before serving.

2 cups orange juice
2 cups pineapple juice
1 bottle (10 ounces) ginger ale
Ice cubes

Mix juices in a large pitcher. Stir in ginger ale, and pour over ice cubes in glasses.

SERVES 2 OR 3

PAPAYA COOLER

Tropical flavors star in this refreshing summer drink. It can easily be doubled.

1 papaya, peeled, seeded, and cut into chunks
2 cups water
Juice of 1 lime
 $\frac{1}{4}$ cup sugar
Ice cubes

Place papaya, water, lime juice, and sugar in a blender and blend until very smooth. Transfer to a pitcher filled with ice cubes. Serve immediately.

SERVES 3 TO 4

BERRY SLUSH

Strawberries and blueberries pair well in this thick, cooling drink.

1 package (16 ounces) frozen strawberries with juice

1 cup orange juice

1 tablespoon sugar

1/2 cup chipped ice

1/2 cup fresh or frozen blueberries

Combine frozen strawberries, orange juice, sugar, and ice in a blender and blend. Add blueberries and blend briefly. (Do not overblend, or the blueberries will turn the drink an unappealing color). Pour into glasses and serve.

SERVES ABOUT 3

ORANGE SLUSH

Enjoy this delicious, nonalcoholic drink, similar to an Orange Julius, while you watch the sunrise.

1 can (6 ounces) frozen orange juice concentrate

3/4 cup cold water (an orange juice can full)

1 cup milk

2 tablespoons sugar

1 teaspoon vanilla extract

1 cup chipped ice

Combine all ingredients in a blender and blend until thick and frothy. Pour into glasses and serve.

SERVES 1 OR 2

ORANGE JUICE-BANANA SMOOTHIE

Kids love to make this smoothie with ingredients that are usually on hand. It's healthful and good for you, too!

- 1 cup orange juice
- 1 teaspoon vanilla extract
- 1 teaspoon sugar (optional)
- 1 ripe banana, peeled and sliced
- 1/2 to 1 teaspoon protein powder
- 1/2 cup chipped ice

Combine all ingredients in a blender and blend until smooth. Pour into glasses and serve.

SERVES 2

STRAWBERRY-BANANA PROTEIN DRINK

This fruity shake is as healthful as it is delicious.

- 1 cup plain nonfat yogurt
- 1 ripe banana, peeled and sliced
- 1 cup hulled strawberries, sliced
- 1/2 cup nonfat milk
- 1 tablespoon wheat germ
- 1 teaspoon vanilla extract
- 4 ice cubes

Combine all ingredients in a blender and blend until smooth. Pour into glasses and serve.

LUCY'S LEMONADE

Lemonade is the all-American cooling and refreshing summer drink. You can adjust the sugar to taste. For best results, use superfine sugar—it will dissolve faster.

3 cups cold water

1 cup strained lemon juice

1/2 cup granulated sugar or superfine sugar, or more to taste

Ice cubes

Mint sprigs for garnish

Mix water, juice, and sugar in a large pitcher. Stir until sugar is dissolved. Pour into glasses filled with ice cubes, and garnish each with a mint sprig.

VARIATIONS

For limeade, substitute lime juice (you'll need about 10 limes) for the lemon juice, and increase the sugar to 3/4 cup.

For pink lemonade, add 1 tablespoon grenadine syrup or 1 teaspoon red food coloring.

ICED TEA

Iced tea is popular year-round, hut it tastes especially good in the summer. Try serving it with Mexican food, such as [Mexican Frittata](#).

4 teabags or 4 teaspoons loose tea leaves of your choice

4 cups boiling water

Ice cubes

Place the teabags or tea in a 4-cup glass measure. Pour in the boiling water. Let steep until strong, 10 to 15 minutes, stirring several times. Remove teabags, or pour tea through a strainer to remove the tea leaves. Cool and serve over ice cubes.

Note: If you don't have time to cool the tea before serving, add extra ice cubes, but make the tea stronger so that the ice cubes won't dilute the tea.

VARIATIONS

Add lemon or orange slices.

Add a cinnamon stick and several whole cloves to the tea while it steeps.

Garnish each glass with a sprig of mint.

Combine the brewed tea with an equal amount of orange juice just before serving.

SERVES 1 OR 2

BANANA-BLUEBERRY POWER SHAKE

Tofu, also known as soybean curd, is a good source of protein and has no cholesterol. It is considered one of today's most healthful foods. This shake is not just for health nuts, though—it is delicious.

3 ounces ($\frac{1}{4}$ package) soft tofu

$\frac{3}{4}$ cup milk

1 medium frozen banana (peel and freeze overnight), cut into pieces

$\frac{1}{4}$ cup frozen orange juice concentrate

$\frac{1}{4}$ cup frozen blueberries

Combine all ingredients in a blender and blend until smooth. Pour into glasses and serve.

VARIATION

For a strawberry shake, replace the orange juice concentrate with pineapple juice concentrate, and use $\frac{1}{2}$ cup frozen strawberries instead of the blueberries.

SERVES UP TO 40

METHODIST PUNCH

This nonalcoholic punch is good when you need to serve a large group for a party or reception. It can easily be doubled.

2 cans (46 ounces each) pineapple juice

1 can (46 ounces) grapefruit juice

1 can (12 ounces) frozen lemonade concentrate, defrosted

2 cups sugar

2 cups water

2 quarts 7-Up or ginger ale

1 quart sherbet (any flavor)

In a large container, mix juices, lemonade, sugar, and water. Just before serving, add 7-Up and sherbet.

SERVES ABOUT 12

WUBE PUNCH

A pretty punch bowl makes a nice centerpiece for a brunch. Provide cups and a ladle for guests to help themselves.

1 can (12 ounces) frozen tropical juice concentrate, diluted as directed (to yield 48 ounces)

1 bottle (750 ml) dry white wine, chilled

Ice cubes

Place juice in a punch bowl. Add wine and ice just before serving.

SERVES 1

CHAMPAGNE COCKTAIL

What could be more sophisticated than this drink, served in chilled, fluted champagne glasses, for your next brunch?

1 sugar cube

1/2 teaspoon angostura bitters

5 ounces chilled champagne

Lemon or orange peel twist for garnish

Place sugar cube in a chilled champagne glass. Add bitters to moisten sugar cube. Pour in champagne. Garnish with fruit twist. Do not stir.

SERVES 1

DELUXE BLOODY MARY

The Bloody Mary is a classic brunch drink made with tomato juice and spices and vodka or gin. It is guaranteed to wake you up!

2 or 3 ice cubes

1 jigger (1½ ounces) vodka or gin

¾ cup chilled tomato juice

1 teaspoon fresh lemon juice

2 dashes salt

Freshly ground pepper

1 teaspoon Worcestershire sauce

½ teaspoon prepared horseradish

2 to 3 drops Tabasco sauce

1 stalk celery with some leaves for garnish

1 lime wedge for garnish

Place ice cubes in a tall glass. Add vodka, tomato juice, lemon juice, salt, pepper to taste, Worcestershire sauce, horseradish, and Tabasco sauce and stir to mix. Garnish with celery and a lime wedge.

VARIATIONS

For a Virgin Mary, omit the vodka.

SERVES 1

QUICK BLOODY MARY

Here is a quick version of the Bloody Mary which uses spicy vegetable juices as a shortcut.

2 or 3 ice cubes

1 jigger (1½ ounces) vodka

1 teaspoon Worcestershire sauce

2 or 3 drops Tabasco sauce

2 dashes salt

1 can (5½ ounces) spicy vegetable juice

Pickled green bean, dill pickle spear, or asparagus spear for garnish

Place ice cubes in a tall glass. Add vodka, Worcestershire sauce, Tabasco sauce, salt, and vegetable juice. Stir and garnish with green bean, pickle, or asparagus spear.

SERVES 8

MIMOSA

The classic mimosa drink was created at the Ritz Hotel in Paris in 1925. It was named after the yellow blossoms on the mimosa tree. This version has Grand Marnier added. What a perfect way to start a Sunday brunch! Make just before serving.

3 cups freshly squeezed, strained orange juice

1 tablespoon sugar

1 jigger (1½ ounces) Grand Marnier liqueur (optional)

1 bottle (750 ml) champagne, chilled

In a large pitcher or punch bowl, mix orange juice, sugar, and liqueur, if desired. Add champagne and mix well. Serve in champagne flutes or wineglasses.

SERVES 8

SCREWDRIVER

Be sure to have plenty of ingredients on hand for this traditional brunch drink to serve a thirsty crowd.

8 cups freshly squeezed, strained orange juice

1 to 1½ cups vodka or gin

1 to 2 teaspoons confectioners' sugar

Ice cubes

Orange slices for garnish

In a large pitcher, mix orange juice and vodka. Add confectioners' sugar. Refrigerate briefly until serving time. Serve in tall glasses over ice cubes. Garnish with orange slices.

SERVES 1

INDIVIDUAL SCREWDRIVER

If only one person in your party wants a screwdriver, this recipe is perfect!

Ice cubes

1 jigger (1½ ounces) vodka

Fill a glass with ice cubes, add vodka, and top with orange juice. Stir.

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