

# Toast Speed Running Guide - any%

Bust out that bread box and rev up those pan fryers, let's learn how to shave off minutes and get WR time on breakfast.

By Joseph "Jax" Sheldon

Toast. Noun. Sliced bread browned on both sides by exposure to radiant heat. A perfect morning confection that provides you just enough carbs to wake up and just enough sugar for you to forget your keys as you walk out the door.

You've only got a few precious seconds to spend your early morning before rushing out to tackle that 9-5. It's hard to agree on any one way to enjoy toast, but no matter which way you take it, you're probably not efficient enough to get out that door in record time for being two minutes late for the five minutes before you need to clock in.

## Defining any% Speedruns

You need three key factors for Optimal Toast:

- Your bread becomes slightly hard, preferred golden brown.
- Your bread is lukewarm or hot when you take your first bite.
- Your toast is covered in a sauce (butter, grape jam, cinnamon in sugar glaze)

For an any% speedrun, you'll want to focus on your implements for exposing your bread to radiant heat and using minimal interaction in assembling your bread to sauce ratio. That's why it's recommended that you focus on light brown buttered toast.

Just enough to be called breakfast without calling it hard bread or relying on snorting butter packets for your health buff.

Critics opt for a toaster set up. Light setting. All the way to one.

If you're anything like the pros, however, you've left the hot coals on your fire all night from supper. Winter is long and surviving will take every resource you can spare. Use those lukewarm coals, throw on another log, and the moment you see flames, catch your slice on fire.

Wait three frames, and when the bread begins to burn hold the right trigger button to block incoming damage. Immediately follow by choking out the cinders with a cold paper towel.

Speedrunners diverge on sauces. A margarine spread offers a quick, reliable source of dairy and calcium but an overall lead on bad cholesterol build later in your 30s and 40s. Traditionally churned butter may take hours to prep, yet its rich fat content breaks down more in the body, leading to a much more fulfilling meal at the cost of price and time.

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With your knife, locate the skyward face of your toast and apply a thin spread of your selected butter substitute. If you've smothered your burnt bread with more than a micrometer of gooey paste, then you're wasting too much and you'll have to trash this run for another. An easy mistake, but to hold a world record, you'll need to get rid of that greedy tendency of yours.

A new glitch revealed last month shows an avid speedrunner jiggling his toaster latch to unlock the hidden compartment underneath the heating chamber, implementing a bugged physics exploit and releasing the toast data stored from within in under 40 seconds flat.

Still a far cry from conventional open flame methods developed in the early 1800s, but this may be the key to even faster avenues of Breakfast play.

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