

Breakfast Recipes to Try

From the THE HUNGOVER COOKBOOK

HUEVOS RANCHEROS

olive oil

DIFFICULTY: ★★★ TIME: ★★

1 onion, sliced

*1 large garlic
clove, very
thickly sliced*

*1 green chili
in paper, de-seeded
and chopped*

*1 14-oz can
chopped tomatoes*

*1 handful of
coriander,
chopped*

salt and pepper

*1 can refried
beans*

4 corn tortillas

*4 free-range
eggs*

1 lime

*1 red chili pepper,
de-seeded and
finely sliced
(to garnish)*

This classic Mexican dish of ranch-style eggs, served with crispy tortillas, refried beans and a spicy tomato salsa, guarantees a spicy start to the day.

I generally prefer to cook things from scratch, but to do this with the refried beans requires good organizational skills, and I've assumed that you're may be in some disarray. So, I recommend you get a can of refried beans to reheat. They add something great to this dish, in particular a very pleasing texture.

Dillon's method is Heat a little oil in a frying pan or wok and gently fry the onion, garlic and green chili for about five minutes, until the onion is softened but not colored.

Add the tomatoes and half the coriander to the pan, and season with salt and pepper to taste. Simmer for about 15 minutes, until the mixture has thickened slightly.

Meanwhile, preheat the oven to 425°F, and gently heat the refried beans in a saucepan over medium heat.

Lightly brush the tortillas with oil. Place directly on a rack in the oven for approximately 10 minutes, until golden and slightly crispy.

In a separate, heavy-bottomed pan, fry the eggs gently in a little olive oil.

Just before serving, add a squeeze of lime juice to the tomato salsa, and stir in.

EGGS BHURJHI WITH FRIED BREAD

*2 tbsp unsalted
butter*

*1 tsp mustard
seeds*

*a few small
curry leaves*

*2 spring onions,
finely chopped*

*½ tsp grated
ginger*

*½ hot green
chili pepper,
de-seeded
and very
thinly sliced*

*pinch of
turmeric*

*½ tsp ground
cumin powder*

*1 tomato,
skinned and
diced*

*4 free-range
eggs, beaten*

*fried bread or
buttered toast,
for serving*

DIFFICULTY: ★ TIME: ★★

When I was in southern India a wonderful woman called Ratti made this dish for me at her home in the wild forests of Karnataka. Ratti is the best and most hard-working cook I have ever met. Thinking about her food brings tears to my eyes (and not just at the thought of all the chili she used). This recipe is essentially spicy scrambled eggs and is very easy to make, though I'm sure it will never be quite as good as the way she cooked it.

Ratti served it with rice roti (rice-flour bread), but she also made great fried bread and this is what I recommend you have with your eggs, though buttered toast also works well.

Milton's method 🍳 Melt the butter in a frying pan over medium heat. Add the mustard seeds, stir once, then add the curry leaves and spring onion and cook for a couple of minutes until the onion is soft.

Stir in the ginger, chili, turmeric, cumin powder and diced tomato and gently fry for a couple of minutes, stirring occasionally, before adding the beaten eggs.

Turn the heat down to low and cook, stirring occasionally, until the eggs are set. Serve immediately on fried bread or buttered toast.



ANNA AND TOMMY'S MEXICAN BREAKFAST

*olive oil,
for frying*

*½ onion, finely
chopped*

*1 garlic clove,
crushed*

*½ green chili
pepper, de-seeded
and chopped*

*4 Polish kabanos
sausages, chopped
into small pieces*

*3 medium-sized
tomatoes, chopped*

*2 soft-flour or
corn tortillas*

2 free-range eggs

*handful of
grated aged
cheddar cheese*

*a few jalapeño
peppers (best
from a jar),
to taste*

*salt and black
pepper*

DIFFICULTY: ★ TIME: ★★

This recipe comes courtesy of two of my favorite boozing companions, whom I've accompanied to many pubs and other drinking salons in London, from Gipsy Hill to Stoke Newington, and further afield. We've never made it to Mexico for a binge, but there seems little reason to bother when they have brought Mexico to me, albeit in a slightly unorthodox fashion—via Poland—in the form of this fantastically hearty and spicy recipe.

Milton's method ☞ Heat a little oil in a frying pan over medium to high heat. Add the onion and cook until it has slightly colored and softened, then stir in the garlic and chili and cook for a further minute.

Add the chopped sausage to the pan and fry for about five minutes, stirring occasionally. Stir in the chopped tomatoes, bring to the boil, then turn down the heat and simmer for another five minutes or so.

Heat the tortillas in the oven or under the broiler, according to the packet instructions.

While the tortillas are heating, fry the eggs in a little oil in a separate frying pan.



Place the hot tortillas on plates, taking care not to burn your fingers. Ladle the sausage and tomato mixture on the middle of each tortilla, but not too near the edges; you don't want any filling to leak out later. Top with the grated cheese and a few jalapeño peppers to taste. Carefully fold in the sides of each tortilla, then fold down the top and fold up the bottom, to form a parcel.

Place a fried egg on top of each parcel. Season with salt and black pepper and serve immediately.

If your wife or other partner is beside you, and (of course) is willing, perform the sexual act as

VIGOROUSLY as you can.

'The exercise will do you good, and—
on the assumption that you enjoy sex—you will
feel toned up emotionally...

Warnings. (...) If you are in bed with somebody you should not be in bed with, and have in the least degree a bad conscience about the subject. Guilt and shame are prominent constituents of the Metaphysical Hangover, and will certainly be sharpened by indulgence on such an occasion ... (2) For the same generic reason do not take the matter into your own hands if you dwale by your self.

Kingsley Amis
(From *On Drink*, Jonathan Cape, London, 1972)

