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Don't miss these great Thanksgiving Specials (Nov. 23) on Food Network. For more information go to www.foodnetwork.cor Times for EST

Safety tips for cooking Breakfast... page 1,2 Boiled Egg and Toast

Tips... page 1,3

from Nigella Lawson

)_ L	Time	Show Title	Episode
	9:30-11 a.m.	Food Network Specials	All Star Thanksgiving
	11a.m12p.m.	Good Eats	Romancing the Bird (A Good Eats Thanksgiving)
	12-1p.m.	Food Network Specials	Sandra Lee's Semi-Homemade Thanksgiving
	1-2p.m.	Food Network Specials	Rachael Ray's Thanksgiving in 60 - 2





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Tips



Lunch... page 2,3 One-Pan Sage-and-Onion Chicken and Sausage from Nigella Lawson



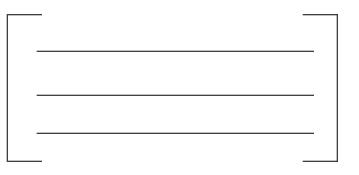
Dinner... page 3 Shreedle from Sarah White



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*"…remember* 

to always be

aware, espe-

children are

helping out...

Nigella Lawson of Nigella's Feasts on Food Netowrk. Search for more of her recipes at www.foodnetwork.com

While cooking can be satisfying and enjoyable, it can also be disastrous if safety is not observed. Check our tips for kitchen safety and remember to always be aware, especially when children are helping out.

Boiled Egg and Toast

Recipe courtesy of Nigella Lawson

1 egg Toast Salt

Special equipment: 1 matchstick

And no, I'm not going to give a recipe for a boiled egg, but I do feel it's worth reminding you that if the egg is fridge-cold it should go into the pan along with the cold water when you





Gourmet meals for Breakfast, Lunch, and Dinner.

and not sticking out.

Tips continued on page 3.

put it on the stove, but if it's at room temperature - which is better - you should lower it into the water once it's started boiling. How long you want to cook it for is obviously up to you, but a beautiful, oozingly golden yolked egg had 4 minutes, as indeed mine does every morning. I also throw in a matchstick - rather than the teaspoon of vinegar or salt that some people swear by - but just because my great

Breakfast continued on page 2...

## Breakfast continued from page 2...

aunt always did and told me that it stopped the white cloudy substance flowing out should the egg crack while cooking. I think it does work, but I do it because I've always done it, not because I have scientific proof that it's effective.

And that's the thing about breakfast: there is a strong ritualistic element; that, too, brings it in line with feasting in general. I have the same breakfast every day.



B-L-D

Early mornings are bad enough without having the spectre of choice to haunt you too. First thing in the morning, I'd rather make breakfast than a decision and so I only of whim or, occasionally, dietary restraint.

And like everyone with a weak need to be bound by habitual behaviour, I am irritatingly fussy.

I want my egg to be Italian (free-range, organic and imported from Bologna, if you please: but seeing it, you understand why Italians refer to the yolks as 'I rossi' - 'the reds' of the egg). I want my salt to be Maldon and I want my sourdough bread to come from the Poilane bakery down the road. As ever, the butter has to be pale and unsalted and not fridge-cold, but not all sloppy-soft and oily either. I don't mind having a different breakfast, but I don't want a lesser version of the same one. Maybe it's my age.

I know it is the convention to offer various savoury delights for the breakfast table but in all honesty I can't oblige. My feeling is simply this: apart from the iconic ideal of the boiled egg and soldiers, what could be better than fried eggs ever swerve from this out and bacon, poached eggs on toast, scrambled egg with sausages? Yes, as Lord Lambton memorably said when found with 2 hookers, 1 black, 1 white, we all want variety, but I don't see fiddling about with the basic components of a traditional breakfast to make strange and wonderful cheesey-bacony-eggy-bready concoctions ultimately that satisfying.

# One-Pan Sage-and-Onion Chicken and Sausage

# Recipe courtesy Nigella Lawson

- 1 large onion or 2 small onions
- 1/2 cup olive oil (not extra-virgin)
- 2 teaspoons English mustard
- 1 tablespoon dried sage
- Freshly ground black pepper
- 1 tablespoon Worcestershire sauce
- 1 lemon
- 1 (4-pound) chicken, jointed into 10 pieces 12 sausages
- 2 tablespoons fresh sage leaves, chopped

Peel and cut the onion into eighths, and put into a freezer bag with the oil, mustard, dried sage, a good grinding of pepper, and Worcestershire sauce. Cut lemon in half, squeeze juice into bag, and then cut the halves into eighths and add them. Squidge everything around to mix (the mustard needs help to combine) and then add the chicken pieces. Leave to marinade in the refrigerator overnight, or for up to 2 days.

Preheat the oven to 425 degrees F. Allow the chicken to come to room temperature in its marinade.

Lunch continued on page 3...

## Lunch continued from page 2...

Arrange the chicken pieces in a roasting tin skin side up with the marinade, including all the bits and pieces, and tuck the sausages around them. Sprinkle the fresh sage leaves over the chicken and sausages and then put the tin into the oven to cook for 1 hour and 15 minutes. Turn the sausages over half way through to color them evenly.

Arrange the chicken and sausages on a large platter.

# Tips continued from page 1...

tally get hurt.

blend. Also, do not fill the blender more than

Launder your dishtowels and sponges fre-



6

the appliance over.



Gourmet meals for Breakfast, Lunch, and Dinner. 3

Shreedle

Recipe courtesy of Sarah White

- 1 box noodles of choice
- 1 lb ground beef
- 1 tbls extra-virgin olive oil
- 6 cloves garlic, crushed
- 2 Roma tomatoes, chopped
- 1 tbls chopped fresh basil leaves
- 1 lb shrimp, peeled and de-veined
- 3 tablespoons chopped fresh parsley leaves
- 1/2 lemon, juiced
- 1 tbls lemon zest

Heat a large pot of water until it boils, then add noodles and cook until soft. While that's working, cook the ground beef in a large nonstick skillet until brown. When it is done, drain the grease off and put in a bowl and set aside. Heat the oil in the skillet over medium heat. Add garlic and saute for 1 minute. Add tomatoes and basil and saute for another minute. Add shrimp and saute for 2 minutes or until the shrimp is just cooked through. Add parsley, lemon juice, and lemon zest and stir until well mixed. Add the beef into the skillet. When the noodles have been drained, put them back into the pot and add the shrimp and beef mixture with the noodles.