

Don't miss these great Thanksgiving  
Specials (Nov. 23) on Food Network.  
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Times for EST

Time	Show Title	Episode
9:30-11 a.m.	Food Network Specials	All Star Thanksgiving
11a.m.-12p.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



# B-L-D

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*"...remember to always be aware, especially when children are helping out..."*

*Gourmet meals for Breakfast, Lunch, and Dinner.*

## Tips

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.

1. Avoid leaving food that is cooking unattended for a long period of time, if at all. If using a timer, have it with you at all times to remind you that you have something brewing in the kitchen.
2. Turn handles of pots and pans inward and not sticking out.

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*Nigella Lawson of Nigella's Feasts on Food Network.*

Search for more of her recipes at [www.foodnetwork.com](http://www.foodnetwork.com)

## 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

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

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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.

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 ever swerve from this out 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 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 cheesy-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 marinate 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.

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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.

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3. Avoid reaching over the stovetop when cooking and watch your sleeves.
4. Keep curtains, potholders, towels, and any other combustibles away from cooking areas.
5. Do not put knives or other sharp objects into a full sink. Someone could reach in and accidentally get hurt.
6. When processing hot liquids in a blender (such as sauces and soups), make sure the blender's lid is back on, then cover the lid with a towel and your hand, before proceeding to blend. Also, do not fill the blender more than half-way.
7. Launder your dishtowels and sponges frequently to get rid of bacteria or simply replace often.
8. Keep children and pets away from appliances when cooking.
9. Keep appliance cords as short as possible to avoid accidents such as tripping or knocking the appliance over.
10. Have a small fire extinguisher and a first aid kit readily accessible. Also make sure that smoke detectors are placed throughout your house.

## Shreedle

Recipe courtesy of Sarah White

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