

**THE  
HUNGOEVR  
COOBKOOK**



*Milton Crawford*

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Bloody Mary

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Croissants, Nutella and hot chocolate

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Huevos rancheros

Ice cream smoothie

Kedgeree

Leek, cheese and mustard mash with sausages and onion  
gravy

Lemon and demerara sugar pancakes

Lemon lassi

Lime soda

Melon, feta, mint and ham salad

Milton Crawford's fish finger sandwich (with garlic green pea mayo)

Pizza with yesterday's roast

Potato hash with avocado and bacon

Scrambled eggs with caramelized onion and feta cheese

Shakshuka

Spicy sausage and bean casserole

Stilton and pears on toast

Summer berries compote with Greek yoghurt and granola

Sweet lassi

Swiss rösti and poached eggs

Tagliatelle alla carbonara

Tahini and tomato toast

The breakfast burger

The classic bacon sandwich

The Elvis Presley peanut butter, banana and bacon sandwich

The English breakfast tortilla

The Knickerbocker Glory with Refreshers

The perfect tea and toast

Traditional Japanese breakfast

Virgin piña colada

## About the Book

**The morning after** – the drilling headache, the waves of nausea, the paranoia, the guilt, the shame – yes, it's the dreaded HANGOVER.

We are all familiar with the general misery. What are less well known are the nuances of the hungover state. According to P.G. Wodehouse there are six different types of hangover that can bring the high-spirited reveller to his or her knees, and each requires a very specific remedy.

*The Hungover Cookbook* is a witty self-help manual for the morning after to help you identify the nature of your hangover and tailor the treatment accordingly.

With delicious and restorative recipes – from Milton's zingy knickerbocker glory to his irresistible tahini and tomato toast, the English breakfast tortilla to Mexican ranch-style eggs – *The Hungover Cookbook* invites you to transform dealing with a hangover into a subtle, multi-faceted and enjoyable art instead of merely chucking a 'full English' at it.

## About the Author

Amateur chef, professional boozier, poet, traveller and essayist, Milton Crawford is also a fantastic drinker. He describes drinking as his one true talent in life. He states that 'seven days without a drink makes one weak'. He once said that a hangover is like being crucified – it offers ordinary mortals the chance of resurrection on a daily basis.

His politics are libertarian (to say the least).

His heroes are people who found the palace of wisdom via the road of excess, to paraphrase William Blake. They include Tolstoy and Buddha. His ambition is to survive for long enough to become a similarly wise man in his old age as these two grand ex-debauchees.

When he's not drunk, Milton reads, writes, cooks, travels and swims. He has a cat and occasionally lives in London because it's 'good for his career'.

Find out what Milton's doing now on Twitter:

**[Twitter.com/MiltonCrawford](https://twitter.com/MiltonCrawford)**

**THE  
HUNGOVER  
COOKBOOK**



*Milton Crawford*



**SQUARE PEG**

'I was left in no doubt about the  
severity of the hangover when  
a cat **STAMPED**  
into the room.'

P. G. Wodehouse

**DON'T**

**PANIC!**



hangover is an opportunity. I'll let that sink in for a moment. You may not be thinking this now but by the time you put this book down I hope that you'll have changed your mind...

A HANGOVER IS an opportunity to see and taste the world in a new way. It's a chance for spontaneity and whimsical thoughts and deeds. Try something different. Try enjoying your hangover rather than simply enduring it. I'm going to show you how.

If it doesn't sound too grotesque to you in your weakened state, there is more than one way to skin a cat, and I will introduce to you the multi-faceted, subtle art of dealing with a hangover that goes far beyond the traditional British solution of chucking a full English at it.

And if you really can't be bothered – an attitude, by the way, that I entirely understand – just gobble some painkillers, drink some water, and head straight back to bed. But if you've got an appetite, then read on.

'Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.' Those were Marie Curie's words. I'm not sure whether she was thinking specifically about hangovers, but for the purposes of this book I'll assume that she was. You also do not need to be afraid as I will help you to understand your beleaguered condition and to overcome it.

The hungover brain has regressed. It has been beaten into a state of infantile dependence. But it's that very state which suggests a chance at a break from the stale routines of adult life. This book aims to help you understand not only more about hangovers in general, but about your own individual hangover in particular. The process of discovery will be a glorious one: a hungover epiphany. That 'the road of excess will lead to the palace of wisdom' might be a bit strong, but I hope that in some fun way your own individual egregiousness will help you to learn something and, most importantly, to feel a little better.

This book is a therapeutic cookbook, a gastronomic comedy, a burlesque homage to the possibility of snatching

hope from failure, triumph from despair, laughter from tragedy.

Come; let us boldly step into this brave new world 🖐️



**WHAT'S  
THE  
DIAGNOSIS  
?**

Hangovers are slightly more complex than you might at first think.

The famous comic writer P. G. Wodehouse came up with what is surely the definitive classification of hangover types in his Jeeves and Wooster novel *The Mating Season*.

According to Wodehouse, there are six hangovers in all: the Broken Compass, the Sewing Machine, the Comet, the Atomic, the Cement Mixer and the Gremlin Boogie.

Each hangover type has its own specific characteristics. And before it's going to be possible to even think about tackling *your* hangover, you will need to work out what type of hangover you have. Bertie Wooster had his infinitely resourceful manservant Jeeves to help him get to grips with his morning-after wobbles, most often with his legendary pick-me-up drink that is discussed [here](#).

Unfortunately Jeeves is not at hand to help you. But Milton Crawford is at your service. And thankfully I have come up with a very short series of fun visual tests and a brief questionnaire that will help you to discover whether you are dizzy from the Cement Mixer or blown away by the Atomic.

