

marieclaire

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EVERYONE'S TALKING ABOUT...

SEB EMINA (aka Malcolm Eggs), creator of *The London Review of Breakfasts* blog, has made a career out of the good old British fry-up. This month, he publishes his first book, *The Breakfast Bible* (£16.99, Bloomsbury). **There are nine ingredients in the English breakfast.** The most controversial are potato and baked beans – not many people think they're breakfast foods. Beans were a late invader in the 19th

century. A luxury, they were first sold at Fortnum & Mason.

Breakfasts fall into two groups. There's the greasy spoon

(try Regency Café in Pimlico – very traditional, and they shout out your order very loudly) and the silver spoon (I like The Delaunay in Covent Garden – about seven people serve you).

The worst breakfast I ever had was the Hawaiian dish loco moco – white rice topped with a burger and fried egg covered in onion gravy. I didn't finish it.

I'm nostalgic about 1980s cereals. As a kid, buying cereal boxes was fun. That aisle belonged to you, not your parents.

My last breakfast would be an all-you-can-eat buffet with an omelette chef on standby. I've done slightly morbid research into the last breakfast on the Titanic – it included jacket potatoes.

Breakfast parties could replace dinner parties. Conversations at that time are the best because there's no obligation to speak – if you're talking, you're probably saying something interesting.



A finer diner: the burgers at Meat Liquor are legendary



Guilty Pleasures

Forget the detox, we're embracing the gourmet junk-food craze. Who's for a Scotch egg and Maple Bourbon donut?

HOT SUGARY DONUTS, KEBABS AND, YES, even pork scratchings. The guiltiest of fast foods normally reserved for boozy nights (and hangovers, obvs) are the latest in foodie chic. Yep, the stylish seal of approval burgers get from **Meat Liquor** (riding high with their cool new East End branch **Meat Mission**) is only the beginning. Hope you're hungry...

Fans of **Chicken Shop** and **Wishbone** will love the snack-and-go philosophy at many of London's hottest restaurants. Pop into **Upstairs At The Ten Bells** in Spitalfields for buttermilk fried chicken in pine salt, also served at their new restaurant, **The Clove Club** in Shoreditch. Try

the bar at **Dabbous** in W1 (a table – at last!) for wings and black pudding and **The Mall Tavern** in Notting Hill for homemade pork scratchings.

Kebab's no longer a dirty word, thanks to **Cinnamon Soho's** gourmet **Kingly Seekh Kebab**, and **SoLita** in Manchester is a must for a chilli dog. If it's Chinese you're craving, head to the newly revamped **Mr Chow** in Knightsbridge or **Hakkasan's** stylish sister **HKK**.

With the relaunch of Notting Hill's Electric comes (drumroll) **Electric Donuts**, with weird and wonderful flavours like Maple Bourbon.

A rival for Covent Garden's **Asia de Cuba's** butterscotch donuts? We'll take both. Oh, and a toasted marshmallow Wagon Wheel from Kensal Green's **Parlour**. Sweeteeet.



Cinnamon Soho's Bangla Scotch eggs and Parlour's popcorn chicken nuggets (above). Yum!

TOP TABLES
Where do Heston et al dine? Find out in *Where Chefs Eat* (£14.95, Phaidon). This little black book for foodies has 2,000 entries.

