Long Prawn.
Deep food thinking.

Lets chew the fat?
Carve up and share some ideas for uncharted food related content.

Meditations that honour deep food thinking and the individuals and rituals behind the foods and experiences.

mail@longprawn.com
Fat Brad

The Cookbook
Fat Brad

Picture Brad Pitt on the big screen, neurotically shovelling bar nuts into his mouth. Between each crunch he is hard pressed to deliver the lines of his well rehearsed Hollywood script. With the driest of swallows, we feel the anxieties of his character in a most human way. Unnerving in his familiarity, a crumb-chinned Brad debunks the notion of celebrity-perfectness.

For the most part filmmakers either focus directly on, or completely ignore, eating in cinema. Hollywood blockbusters cut out many of the rudimentary habits of life and replace them with high speed car chases, panoramic cityscapes and ancient battles. With the exception of the odd American diner scene, how are we expected to believe our stars are eating their three meals a day? Perhaps movie stars survive merely on sex scenes and shoot outs.

Brad however, is a man who eats like the best of us. From high calorie snacks to turkey flesh off the bone, there are but a few films in which Brad doesn’t chomp his way through the peculiarities of his characters. Film after film he champions a buffet of eating scenes, each one affirming his realness. When he unwraps a twinkie, we savour the sweetness with him; when he throws down a greasy burger, we share in his indigestion. For us, These simple acts bring Brad one step closer to our very own dinner table.

It’s our shared hunger which has led Long Prawn on an obsessive research mission to produce this fantasy cookbook. Fat Brad The Cookbook promises to give you the sweetest sliver of illusory intimacy with a usually untouchable celebrity. An unrivalled collection of TV dinners boiled down from Brad’s best on screen eating. A journey through Brad’s digestive system designed to be taken with a pinch of salt and a satiating swig of fandom. After all, we are what we eat.

We dedicate this book to Brad Pitt, who is probably not allowed to swallow anything he ever actually puts into his beautiful mouth.

Long Prawn
Contents

Heart Burn Burger — Oceans 11
Spilt Mustard — Moneyball
Two Minutes Turkish, Sausages — Snatch
Greyhound Jelly Cup — Oceans 11
Lobster & Crab Pissque — Fight Club
Bellagio Shrimp Cocktail — Oceans 11
Knuckle Sandwich — Fight Club
Break-up-make-up Smash — Mr & Mrs Smith
Game Bird with Taters & Guinness Gravy — Snatch
Reuben’s Salad — Oceans 11
Bloodied Roast — Mr & Mrs Smith
Batter Up Twinkie — Moneyball
Up-Beet Jamba Juice & Gum — Burn After Reading
Drāno Martini with Vermouth Jelly — Mr & Mrs Smith
Roast Turkey Drumstick & Grecian Salad — Troy
Isotonic Gym Pops — Burn After Reading
Boozy Jam Therapy Doughnuts — Fight Club
Appendix
Heart Burn Burger

Rusty can't take on the Bellagio, the Mirage and the MGM Grand on an empty stomach, which is why he’s rarely seen sans snack. Before you tut-tut his penchant for popcorn, lollipops and soft drink, ask yourself ‘when was the last time I stole $150 mill and had time to sauté my own greens for dinner?’

At the end of the film Danny is out of the clinic and the heat is somewhat off, which gives Rusty some spare time to actually chew. He only manages a finger lickin’ mouthful of his greasy burger before he tosses it to the side, overwhelmed by Danny’s freedom and a wave of indigestion.

While there is no dainty way to eat a burger, to savour the flavour and stave off heartburn we recommend you chew each bite at least 32 times.

INGREDIENTS

- 350g lean beef (such as chuck steak or round steak), coarsely ground*, chilled
- 150g fatty beef (such as short rib or brisket), coarsely ground*, chilled
- 1 metal bowl, medium
- 4 brioche buns, preferably sesame topped, toasted
- Butter, enough to spread on each bun
- 8 slices American cheese
- 8 leaves butter or bibb lettuce
- 12 slices gherkin, thick
- ½ yellow or brown onion, diced into uniform 5mm cubes
- American mustard, to serve
- Ketchup, to serve

Makes 4

Takes 10mins

*If you don’t have a meat grinder, any good butcher will grind these cuts for you. Just ask for them to grind each separately on a coarse setting.

DIRECTIONS

1. Place metal bowl in freezer for at least one hour. Quickly mix lean and fatty beef together in chilled bowl. The temperature of everything is very important. Should beef become warm, fat will melt. The more melted fat there is on your hands and in the bowl, the less there is in the patties. Divide mixture into 4. Shape each patty into a thin disk, poking a dimple in the middle to help it maintain shape whilst cooking.

2. Preheat oven to 250°C. Season patties generously on both sides with salt and pepper. Grill over a high heat, flipping often. Once all sides are beautifully caramelised, transfer patties to a baking tray. Top each patty with 2 slices of cheese, and pop into the oven for 3mins or until cheese is melted and bubbling.

3. Next, construct your burgers. Spread bottom half of each bun with ketchup, and top with mustard. Place both lettuce leaves on top of ketchup. Top lettuce with bubbling cheese topped patty. Smatter patties with 3 slices of gherkin each and a sprinkling of diced onion. Place top of brioche bun on last and push down gently. Wrap in foil for extra points.
Spilt Mustard

There is something very humanising about spilling sauce down the front of your shirt. Even the defectless Brad must contend with a mustard stain on a cheap polyester jacket as character Billy Beane. Lucky the Oakland Athletics baseball club couldn’t afford fancy satin jackets that season.

Brad is one of America’s most popular cultural artifacts, followed closely by baseball and yellow mustard. We feel a sense of borrowed patriotism as we watch elite baseball coach Billy forego protein bars and sports drink for good, old fashioned mustard in this American classic. A true yank who spills the yellow gold like the best of them.

INGREDIENTS
- 1 cup water, cold
- ¾ cup yellow mustard powder, dry
- ¼ tsp coarse sea salt or kosher salt
- ½ tsp ground turmeric
- 1 tsp garlic puree, or ¼ teaspoon garlic powder
- ⅛ tsp paprika
- ½ cup white distilled vinegar

DIRECTIONS
1. In a well-ventilated kitchen, place water, dry mustard, salt, turmeric, garlic, and paprika in a small non-reactive saucepan and whisk until smooth. Cook mixture over medium-low to low heat, stirring often, until it bubbles down to a thick paste, 30 to 45 mins.
2. Whisk vinegar into mustard mixture and continue to cook until thickened to a desired mustard consistency, this can take anywhere from 7 to 15 mins.
3. Let mustard cool to room temperature. Transfer mustard to an airtight container, cover, and refrigerate for up to 3 months. The mustard will be quite pungent the first few days or even weeks, but will mellow with time.

Makes ≈500mL
Takes 1 hrs +

Spilt Mustard

Moneyball

Billy Would you rather get one shot in the head or five in the chest and bleed to death?
Peter Are those my only two options?
Turkish: What's happening with them sausages, Charlie?
Charlie: Five minutes, Turkish.
Turkish: It was two minutes five minutes ago.
Two Minutes Turkish, Sausages

For a film set in a region known for it’s notoriously shite nosh, Snatch has a lot of hearty food references. You’ve just got to wade through the accents to find them. “Who took the jam outta your donut?”, “You better not be telling me porky pies”, “Save your breath for cooling your porridge”, “Yer can’t open up the dog, he’s not a tin of baked beans!”

Linguistics aside, there are Turkish’s elusive snags; and in a film where timing is everything, time stops for these sausages. A hangry Turkish inspects the crumbling caravan cum bookies office and demands Tommy find him one with a door that’s not decaying, while Charlie labours over his lunch.

INGREDIENTS  DIRECTIONS
8-10 pieces caul fat, to wrap
300g minced lamb fat, ideally lamb kidney fat
700g lamb, minced
30g parsley, finely chopped
1 red onion, minced
2 garlic cloves, minced
1 tsp salt
5g Turkish chilli powder
1 egg, beaten
200mL sparkling mineral water

Makes 8-10
 Takes 2mins

1. Soak caul fat in water for 1 hour to allow for easier wrapping. Mix all remaining ingredients until just combined. Be careful not to over mix as you will end up with a rubbery lil’ sausage. Shape sausage mix into oblong shapes roughly 2cm wide, 8cm long and 1cm thick.

2. Cut squares of caul fat about twice the size of the sausages and wrap each one individually as if it were a wee gift. Allow sausage parcels to rest for 2mins, then grill over a dirty barbecue, rotating when needed. Serve with HP Sauce.
**Greyhound Jelly Cup**

Despite a criminal record and fondness for ill fitting, off white suits paired with lurid, shiny shirts, it’s hard not to like Rusty Ryan and his “no fucks given” attitude. Perhaps that’s why head con man Danny Ocean sends Rusty out to recruit the perfect team for the heist, beginning with retired swindler Saul.

Rusty corners Saul at the greyhound races with the intention of plucking him out of his Florida retirement for one last hurrah. Before putting the hard word on him, the youthful conman teases the old geezer for arduously peeling an orange when he could just slam pre-packaged vitamins. We’re guessing the fruit cup Rusty then gobbles and casually tosses to the side contains the exact nutrients necessary for the job: Champagne, peaches and jelly. The perfect snack for an oldgeezer, or youthful con man.

**INGREDIENTS**
- 750mL Champagne or sparkling white wine
- 30mL peach liqueur
- 300g sugar, white
- 1 vanilla bean, sliced and scraped
- 6 leaves sheet gelatin
- 3 peaches, ripe

**DIRECTIONS**
1. Bring Champagne, peach liqueur, sugar, vanilla bean, vanilla bean seeds and 1/2 cup of water to a simmer in a large saucepan over medium heat, stirring to dissolve sugar. Add peaches and poach until just tender. Remove peaches with a slotted spoon and cool slightly, then peel, cut in half, remove pips and refrigerate until required.
2. Soak gelatin in tepid water until soft.
3. Bring poaching liquid to a simmer over medium heat. Remove gelatin and squeeze off excess water, add sheets to the Champagne mixture and stir until dissolved. Strain through a fine sieve and set aside to cool slightly.
4. Place prepared peach halves into six 200mL dariole moulds or small cups, pour gelatin mixture over and refrigerate covered. Hedge your bets and leave them overnight then enjoy trackside tomorrow.

**Oceans 11**

Rusty: What’s with the orange?  
Saul: My doctor says I need to take more vitamins.  
Rusty: So why don’t you take vitamins?  
Saul: You come here to give me a physical?
Fat Brad

Fight Club

When he’s not leading a bloody, morally ambiguous revolution, Tyler moonlights as a banquet waiter at the swanky Pressman Hotel. Naughtty Tyler farts on the meringues and seasons the bisque with a dash of urine; a momentous up-yours to the aristocrats he grudgingly waits on. We thought it might be a bit much to request that you piss in your own bisque, so instead we’ve weaved some soap into your soup.

Tyler likes to sell rich women their (ass)ets back to them as designer soap made from fat he syphons from the lipo clinic. Call us old fashioned, but our ingredients are a little easier to swallow.

INGREDIENTS

**Lobster Pissque**

- 2 lobster spiders (heads)
- 1 freshly boiled lobster tail*
- 2 blue swimmer crabs
- 1 brown onion, peeled and roughly chopped
- 2 sticks celery, roughly chopped
- 1 carrot, peeled and roughly chopped
- 2 tbs tomato paste
- 1 tbs flour, lightly toasted
- 40mL Pernod
- 100mL white wine
- 40mL brandy
- 1 tbsp double cream
- 1L Fish stock
- 2 Bay leaf
- Pepper, freshly ground
- Handful parsley, chopped
- Pinch fresh thyme

**Crab Soap**

- 250mL bisque
- Butter, salted
- Whipping cream

*Optional extra.

**DIRECTIONS**

1. **Lobster Pissque**

   Bash lobster and crab shells in a tea towel with a rolling pin until broken into about 15 pieces total. Roast in a heavy based pan until uniformly coloured. Remove from pan and set aside.

2. In the same pan used for shells, sauté vegetables until golden. Add tomato paste and flour to the pan. Cook for 2mins, stirring constantly. De-glaze pan by pouring a good glug of wine and a spill of Pernod and brandy. Allow liquid to reduce by half. Add herbs, fish stock and shells into pan. Bring to boil, then return to a simmer for 20mins.

3. Using an upright blender, blitz soup (including shells). Pass through a very fine sieve, pushing through as much as possible to extract maximum flavour. If necessary, you may want to reduce passed bisque until you are satisfied with flavour.

4. **Crab Soap**

   To prepare crab soap, reduce 250mL of bisque to a thick consistency. Once it coats and sticks to the back of a spoon, add cold butter and whisk vigorously until the sauce emulsifies. Add a dash of whipping cream until you are satisfied with the taste. Whisk vigorously (or use a hand blender) over a low heat until a thick and cappuccino like foam appears on top. Carefully place on top of lobster bisque with a spoon.

5. **To serve**

   Add a dash of high quality brandy and a spoon of double cream. If you fancy, serve with freshly sliced lobster meat amongst the crab soap. We find this combination of ingredients much more palatable than the seasoning of Tyler’s choice, but hey, each to their own.
When in Vegas you gotta live it up, and nothing says livin’ it up like a prawn cocktail, preferably served in a plastic cowboy boot. Just like the Roman columns, plunging necklines and flashing neons that scream CASINO LUXURY, it’s hard to take this tacky, tawdry little dish too seriously... so don’t.

As Tess descends the spiral staircase of the Bellagio, Rusty realises Danny’s vested interest in the heist. Before he knows it, he’s absentmindedly guzzled several of the prawns that populate the cocktail in his increasingly sweaty mitt. Nothing like stress and heartache to stoke one’s hunger. Failing this remedy, resort to cocktails with booze in them.

INGREDIENTS

**Shrimp Salad**
- 500g shell-on fresh, raw prawns
- 2 baby cos lettuces
- 1 avocado
- Salt and pepper, freshly ground
- Handful chives, finely chopped
- Cayenne pepper, to serve

**Cocktail Sauce**
- 160mL whole egg mayonnaise, ideally homemade
- 20mL tomato sauce
- 10mL Worcestershire sauce
- 10mL Tabasco, to taste
- 10mL Palo Cortado (preferable) or Amontillado sherry

Makes 4

**Takes** 30mins

**DIRECTIONS**

1. **Cocktail Sauce**
   To prepare your sauce place mayonnaise into a small bowl, add other ingredients and taste – a prawn cocktail is all about personal taste. If you feel the sauce needs anything else just add it.

2. **Shrimp Salad**
   Cook prawns in salted, boiling water until pink all over, then dunk straight into icy water. Peel prawns, if this is a fancy affair, you may feel inclined to leave a few untouched for a special garnish. Mix unshelled prawns into sauce. Peel and finely dice avocado, shred lettuce and toss all with chives before seasoning with salt and pepper.

3. **To serve**
   Divide greens between four bowls or martini glasses, with a basin in middle for prawns to swim in. Divide prawns between four dishes. Sprinkle with a very mild amount of cayenne pepper. Garnish with an unpeeled prawn and serve proudly with lemon Van Dyke.

---

*During the several takes it took to shoot the scene in which Rusty and Linus are spying on Tess as she is introduced coming down the stairs, Brad ate 40 shrimp.*
If there’s one point Fight Club really pushes, it’s that you are not your things. “You’re not the car you drive, you’re not the contents of your wallet, and you’re certainly not your fuckin’ khakis”…nobody said anything about not being what you eat, though.

If, like Tyler, you’ve abandoned the material world to inhabit a rotting, derelict mansion with leaking walls, water that runs brown, and a warm and mouldy fridge, you should at least treat yourself to a knuckle sandwich. Your teeth are probably gonna rot or get knocked out soon anyway, may as well chew some fat. Best enjoyed wearing nothing but a lilac robe adorned with coffee mugs, à la off duty Tyler.

**INGREDIENTS**
- 2 pickled knuckles, pork hock
- 2 onions, peeled and halved
- 1 head garlic, halved
- 1 lemon, peel
- 1 tsp fish sauce
- 2 cups bread crumbs, fine
- 2 cups bread crumbs, panko
- 2 eggs, yolk
- 3 eggs, whisked
- 75g butter
- ½ cup of flour
- Salt and white pepper
- 100mL vegetable oil

**DIRECTIONS**
1. Place hocks in a saucepan and cover with water. Bring to boil, then lower to a simmer for 5mins. Drain and discard water.
2. Roughly crush star anise and peppercorns in a mortar and pestle. Slam knuckles into a saucepan with onions, garlic, leak, star anise, pepper, lemon peel and fish sauce. Cover with water and bring to a simmer. After 3hrs of low heat, any meat falls apart, don’t give up until it taps out and falls off the bone. Remove from heat and cool in stock. Once cool enough to handle, remove hocks from stock and ditch skin. Tear up meat, discarding bones, sinew and excess fat, all of which can be turned into soap at a later date.
3. Strain stock and measure out 300mL of liquid (the rest can be kept for soup or sauce). Melt butter in a saucepan over low heat then stir in flour and cook, stirring constantly, for about 2mins. Whisk in reserved stock and cook over medium heat, whisk until smooth and thick. Remove from heat, then whisk in egg yolks to thicken. Add hock meat, taste and season with salt and freshly ground white pepper until delicious. Refrigerate until cool.
4. On three separate plates place fine bread crumbs, panko crumbs and whisked eggs. Using wet hands, shape the mixture into burger shaped patty. Cover patties first in fine bread crumbs, then in egg mix, and finally in panko crumbs. Make sure coating is thick and that there is no filling poking out, to prevent patties from exploding. Shallow fry the patties in batches of 4, until golden brown or 5mins each side. Drain, pat dry on a phone book and season lightly with salt.

5. To serve Spread a single pat of butter on white bread then smear Hot English mustard and Bulldog sauce to taste. Sandwich your pattie snugly in the middle and eat immediately. Never eat just before a fight, unless your move is to spew on the guy.
John: I have to tell you, I never really liked your cooking. It’s not your gift.

Jane: Baby, I’ve never cooked a day in my life. I’ve Temps girls cooked.

John: Web of lies!

Mr and Mrs Smith bludgeoning each other unconscious must be one of the most scintillating specialties of Brad’s back catalogue, second only to the steamy make up sex that follows.

Post romp, the dishes are bloody and the fridge is peppered with bullets; high time for a ceasefire.

Unphased by the broken home they have left in their wake, the feuding lovers sit on the kitchen floor and sip orange juice from fractured glasses, looking suspiciously pristine in their barely tarnished whites. Their first honest meal together is a cornflake breakfast served in a wine cooler; a meal that appears to trigger the couple’s real romance as they compare scars and injuries. Is this breakfast smash the essence of passion and love?

INGREDIENTS

1. Kitchen Crumble
- 100g plain flour
- 65g brown sugar
- 80g unsalted butter, chopped
- ½ tsp cinnamon
- ½ tsp cardamon
- 20g Corn Flakes, or desired breakfast cereal

2. Candied Nuts
- ¼ cup flaked almonds
- ½ cup macadamia nuts, broken into pieces
- ⅓ cup coconut flakes
- ¼ cup caster sugar
- 1 tsp sea salt

3. Charred Fruit
- 600g mixed fruit eg. peaches, nectarines, apricots or figs, pitted and cut into halves or thick wedges
- 1 tbsp olive oil

4. Whipped Yoghurt
- 2 cups Greek yoghurt
- 1 cup thickened cream
- 1 vanilla bean
- 1 tbsp honey
- 2 tsp orange zest

CHARRED FRUIT
- 600g mixed fruit eg. peaches, nectarines, apricots or figs, pitted and cut into halves or thick wedges
- 1 tbsp olive oil

DIRECTIONS

1. Kitchen Crumble
Preheat oven to 180°C and combine all ingredients, except Corn Flakes, in a bowl. Work mixture until it resembles fine crumbs. Add Corn Flakes, mix then toss crumble mixture onto a lined tray and bake until golden. Remove and allow to cool somewhere it won’t get kicked over.

2. Candied Nuts
Place caster sugar in a non-stick frying pan over medium heat. When sugar starts to change colour it’s go time! Add almonds, macadamias, and coconut and stir until sugar caramelises and ingredients stick together (~2mins). The mixture should be golden in colour. Get it off the heat and spread the good stuff onto a lined tray, throw a small pinch of salt over and set aside to cool.

3. Charred Fruit
You have almost pulled this off now, heat a large grill pan over medium heat. When sugar starts to change colour it’s go time! Add almonds, macadamias, and coconut and stir until sugar caramelises and ingredients stick together (~2mins). The mixture should be golden in colour. Get it off the heat and spread the good stuff onto a lined tray, throw a small pinch of salt over and set aside to cool.

4. Whipped Yoghurt
Slice vanilla bean down center and scrape seeds out with back of knife. With a whisk, beat vanilla seeds together with remaining yoghurt ingredients and years of marital frustrations until soft peaks form. Refrigerate until use.

5. To serve
Find a large bowl that hasn’t been smashed and alternate layers of charred fruits, crumble, yoghurt and candied nuts. Eat immediately if your dearest isn’t still trying to kill you or the next morning before you both get dressed.
Despite his gypsy tatts, knack for bare-knuckle boxing and fiercely dingy exterior, Mickey O’Neil is just a sweet little pikey boy underneath it all. There’s nothing he loves more than his mam; we like to imagine him lovingly fixing her this humble meal, blissfully unaware it might be her last. He’d violently forage the game bird and taters from the forest surrounding the squat, then roast it all up on the hood of a wrecked car, before carefully plating up amidst the grit and grime of his pikey squalor.

Not to mam’s taste? Feed it to the pigs, then.

---

**Game Bird with Taters & Guinness Gravy**

**INGREDIENTS**
- 2 whole pigeons* (squab), wing tips and heads removed
- 4 garlic cloves, crushed
- ½ bunch sage
- 30mL olive oil
- 30g butter
- 500g baby potatoes, par-cooked and lightly crushed with a fork
- 300mL Guinness Extra Stout
- 150mL good quality beef stock

**Feeds** 4
**Takes** 1.5hrs+

*If your are unable to bag a pigeon with ya dags, pop in any other game bird to your taste. A decent squab will take 40-60mins to roast, medium quails 12-18mins and a pheasant will need 40mins. The recipe below is for pigeon, adjust roast time accordingly.

**DIRECTIONS**

1. Pop ya ‘taters on the boil until they are slightly soft, drain, cool and squash with fork or fist. Then, rinse cavities of birds paying close attention to remove any rifle pellets from the hunt. Dry thoroughly with paper towel, season skin, then roast for 25mins, then allow to rest for 5-10mins out of the oven. Serve birds straight from pan, taters, sauce and all.

2. Preheat oven to 200°C. Remove birds from esky and wipe remaining moisture from skin with paper towel. Stuff cavities with almost all sage and one garlic clove each. Heat oil and butter in a shallow, oven-proof pan over medium-high heat. Brown birds on all sides, then place pigeons snugly on top. Add remaining herbs, garlic, Guinness and beef stock into pan. Bring to boil and pop entire pan into oven for 25mins, then allow to rest for 5-10mins out of the oven. Serve birds straight from pan, taters, sauce and all.

---

In Snatch, the word “fuck” is said 163 times.
Reuben’s Salad

Whoever said you can’t make friends with salad obviously never saw Danny Ocean and Rusty Ryan slowly sweet talk casino mogul Reuben Tishkoff into bankrolling their heist over lunch.

Granted, the salad on the screen does look a little lacklustre; too easily upstaged by Reuben’s showy get-up and mid-morning cocktail garnished with a gaudy pineapple wedge and maraschino cherry. On the contrary our salad is excessive, grandiose, highly lucrative and a lil’ dangerous to pull off, just like a good heist. Load up your plate and let your eyes be bigger than your stomach.

INGREDIENTS

Reuben’s Salad
2 baby cos lettuce heads, leaves separated and washed (discard outer leaves)
200g good quality pastrami, thinly sliced
½ loaf light rye, crusts removed
¼ cup grapeseed oil
Small handful dill, chopped
Pickled Cucumbers*
3 pickling cucumbers, sliced
1 cup rice wine vinegar
1½ cup water
½ cup sugar

Russian-Swiss Dressing
2 eggs, yolk
1 tbsp mustard, dijon
1½ cup finely grated aged gruyere
1 tbsp sherry vinegar
1/3 cup grapeseed oil
2 tsp prepared horseradish
1 tbsp shallot, finely minced
Black pepper, to taste

Feeds 4-5
Takes 30mins+

Pickled Cucumbers
Combine vinegar, sugar and water in a saucepan and bring to boil. Remove from heat and cool to fridge temperature. Slice cucumbers into circles 5mm thick. Combine cucumbers and vinegar and leave to get acquainted for about 6hrs+.

DIRECTIONS

1. This recipe requires three key players: pickles, some Swiss-Russians and pastrami. They all play a big part in the success of the salad.
2. Pickled Cucumbers
Combine vinegar, sugar and water in a saucepan and bring to boil. Remove from heat and cool to fridge temperature. Slice cucumbers into circles 5mm thick. Combine cucumbers and vinegar and leave to get acquainted for about 6hrs+.
3. Russian-Swiss Dressing
Blend yolks, mustard, gruyere and vinegar in an upright blender until combined. With the motor still running, add oil in a slow and steady stream until fully emulsified. Stir through shallot and horseradish. If dressing is too thick for your taste, add a few drops of warm water to thin out.
4. Reuben’s Salad
Preheat oven to 180°C. Tear rye into bit sized chunks and toss with grapeseed oil before spreading evenly on a baking tray. Place in oven and bake until crunchy, then allow to cool.

5. To serve
Combine leaves, sliced and torn pastrami, pickled cucumbers and croutons with enough dressing to thinly coat everything. Arrange on a serving platter and garnish with fresh dill and black pepper.

*Alternatively, you can use good quality store bought pickles.

In the film Rusty refers to a Boeski, a Jim Brown, a Miss Daisy, two Jethros, a Leon Spinks and an Ella Fitzgerald, which were real heists throughout history.
Here, we meet John and Jane Smith, your average unhappily married couple, complete with a cookie-cutter home in the suburbs, matching luxury cars, and an expensive marriage counsellor. Tensions run high over a classic roast dinner when Mr. Smith cautiously masticates bloody rare beef as the foreboding sharpening of knives brings into focus an unnerving lack of conversation.

As the scene unfolds, Mrs. Smith makes up for a lack of culinary prowess with an impeccable aim and Mr. Smith learns his penchant for martinis isn’t the only thing threatening to send him to an early grave. Was it this very supper that ignited Hollywood’s steamiest love affair?

Best consumed guardedly at a lengthy table, salt shaker placed strategically in the center. Come adequately armed for a feast or finale.

**INGREDIENTS**

- 1.5kg beef fillet, trimmed and tied (ask your butcher to do this or practice your knife skills)
- 4 tbsp olive oil
- 700g baby potatoes
- 400g haricots verts (French string beans), cleaned and trimmed
- 400g peas, thawed if frozen
- 1 bunch Dutch carrots, cleaned and trimmed
- 1 tbsp butter
- Salt and pepper, freshly ground
- 1 sachet Gravox Traditional Gravy

**DIRECTIONS**

1. Preheat oven to 220°C. Toss potatoes in olive oil and season lightly with salt and pepper liberally. Add potatoes to oven. Coat meat with remaining oil and then season with more salt and pepper. Place on a tray and roast (20-25mins for rare). Remove from oven, cover with foil and allow to rest (10-15mins).

2. Boil beans and carrots until just cooked (2-3mins). Remove and toss with butter. Meanwhile, prepare gravy according to instructions on packaging.

3. To serve

   Once golden, retrieve potatoes from oven and arrange on a large platter with steamed vegetables and beef. Carve at table with a big sharp knife. Serve with gravy, salt, pepper and traditional accompaniments.
Billy Beane, general manager of the underfunded and floundering Oakland Athletics baseball team, is a downtrodden, outta luck kinda guy. His aura of desperation and compulsiveness extends to a diet heavy in plastic wrapped snacks. It seems the all American Twinkie is the perfect emotional antidote to relentlessly shitty news; a golden sponge of enjoyment that cushions the landing onto another hard day at homebase.

Sure, we’ve all abused junk food before! Sending high calorie snacks down the hatch in an attempt to combat feelings of stress, hopelessness and defeat. If Billy teaches us anything in Moneyball it’s that perseverance plus sweet treats lubricates success.

**INGREDIENTS**

**Twinkie**
- 90g plain flour, sieved
- 1 tsp baking powder, sieved
- ¼ tsp salt
- 50mL milk
- 60g unsalted butter
- ½ tsp vanilla essence, imitation
- 5 large eggs, separated
- 150g caster sugar

**Filling**
- 250g caster sugar
- 250mL water
- 5 egg whites
- 1 tsp vanilla essence, imitation

Makes 12-15
Takes 1hrs+

*Alternatively whipped cream works.*

**DIRECTIONS**

1. **Twinkie**
   - Preheat your oven to 170°C.
   - Prepare single use Twinkie molds by cutting large rectangles out of foil, folding them in half and then half again. Wrap tightly around a supermarket spice jar laid on its side, covering both ends but leaving one side open (like a foil canoe). Remove spice jar carefully and place foil mold on baking tray. Make around 12-15 moulds and grease generously with oil spray.

2. Place butter and milk over low heat until butter melts, remove from heat, add vanilla and set aside. Next, beat egg whites, gradually adding 75g of sugar until soft peaks form. Set aside and, in a separate bowl, beat yolks with remaining 75g of sugar until thick and fluffy. Carefully fold egg whites into egg yolk mixture. Then slowly fold through flour, baking powder and salt. Finally fold through melted butter, milk and vanilla ensuring everything is thoroughly incorporated, don’t overwork as it will knock the air out.

3. Pour mixture into prepared moulds, allowing room to rise during baking. Place in oven and bake until golden brown, about 10-15mins. They should spring back when pushed. Remove Twinkies from the oven. Allow to cool for a few mins then carefully release from moulds.

4. When completely cool use a skewer to poke a hole in middle of the cake or, for full effect, three holes in the bottom of sponge, careful not to go all the way through. This will create space for the filling.

5. **Filling**
   - Combine sugar and water in a small saucepan over high heat. Bring to boil and stir until sugar dissolves. Reduce heat and continue to simmer until sugar syrup reaches between 115°C and 117°C on a thermometer. This will take about 15mins. Use a wet pastry brush to remove caramelising sugar from side of the pan throughout this process.
   - When syrup is almost ready, beat the egg whites until foamy. Turn beater to high and whilst it is running slowly add hot sugar syrup. Continue to beat for 7-10mins or until the bottom of mixing bowl feels cooler.
   - Use a piping bag and nozzle to pipe filling into each hole. Be careful not to overfill. Eat immediately or amidst your vocational stress.
Up-Beet Jamba Juice & Gum

The secret to goofball Chad’s bottomless energy reserves? Raw intelligence, raw idiocy and a raw diet, beginning with this juice. We invite you to ad lib ingredients as long as they’re RAW, and not in the filthy Maryland swamp water sense of the word.

While every smug little gym bunny worth their weight in dumbbells knows the importance of staying hydrated, sometimes it’s nice to chew. Let us intro-juice you to gum: the only way to achieve minty fresh breath when your insides smell like a greengrocer’s bin. Solid foods are fair game as long as you don’t swallow, so be sure to spit out that post juice gum.

INGREDIENTS
Jamba Juice
1 cup coconut water
1 cup frozen strawberries
1 fresh beet, chopped
½ avocado
1 tbsp lemon, juice
1 large sweet apple, roughly chopped
5 to 6 large ice cubes
Agave syrup, to taste (optional)
Gum
1 pkt chewing gum

DIRECTIONS
1. Jamba Juice
Add all ingredients into a high-speed blender and blend until smooth. Taste and add liquid sweetener, if desired.

2. Gum
Open packet of gum, place piece of gum into mouth and chew obnoxiously with mouth open.

3. When it’s juice time, remove gum from mouth and place on lid of cup.

Makes 2
Takes 10mins

When Chad first meets Osborne Cox he introduces himself as Mr. Black, the same name as Brad’s character from Meet Joe Black (1998).
Drāno Martini with Vermouth Jelly

Discerning viewers will take note of the kaleidoscopic reflections of a Drāno bottle marking Mr. Smith’s arrival home from a hard day’s assassinations. Is his welcome home martini the mark of a diligent homemaker, or a kiss of death from his beloved femme fatale? Not taking any chances, Mr. Smith ditches the drink in a thirsty pot plant.

A more palatable choice of poison is this vermouth martini; designed to unclog gullets, not drains. A word of warning: this stiff and sultry beverage bears no forgiveness come sunrise.

INGREDIENTS

Vermouth Jelly
1 bottle vermouth*, 350mL for olives plus remaining for martini
15 jumbo green olives, pitted
1 orange, rind finely grated
1 bay leaf
8 leaves sheet gelatin
5g agar powder

Martini
1 bottle vodka

DIRECTIONS

1. Vermouth Jelly
   Bring 350mL vermouth, orange, bay leaf and 400mL of water to a simmer (if you’ve got a thermometer amongst your armory, aim for 60°C). Meanwhile, soak gelatin in tepid water until soft (5mins); remove and squeeze off excess water. Remove vermouth mix from heat and stir in the gelatin until completely dissolved. Strain liquid.

2. Pour jelly into shallow based tray, then place in fridge for 4-6hrs to set. Slice the jelly into long 4-5cm rectangular batons to fit olives. Insert jelly into olive until it sticks out both ends. Before making the martini, skewer 2 olives onto a toothpick.

3. Drāno Martini
   Fill a mixing glass or cocktail shaker with ice, combine 70mL vodka and 15mL of dry vermouth, preferably Noilly Prat. Like another trained killer we know, Mr Smith likes his martini shaken (not stirred) for 20secs then strained into a martini glass. Garnish with olives and serve.

*Pick your poison: for a dry style vermouth we recommend Noilly Prat or Cinzano Bianco, or for a sweeter style vermouth, we recommend Punt e Mes or Antica Formula.
Roast Turkey Drumstick & Grecian Salad

Achilles and Hector are both such compelling heroes that it’s damn near impossible for viewers to pick a side. One moment we want them both to triumph, the next we beg for their blood to spill. They toy with our hearts as they toy with their gods. On the dusty Trojan shores, Hector falls. Aghast, we are unable to look away.

It is similarly difficult to name the hero of this dish. One would expect the succulent, booze soaked bird to grip the victory, but the startling union of grapes, feta and mint prides undeniable valour. While Achilles favours breast meat, don’t waste too much time deliberating the star ingredient. Your energy is best expended sensually stripping the flesh off this turkey drumstick as though it were Brad in Troy – the ultimate piece of meat.

INGREDIENTS

**Roast Turkey**
- 2 turkey legs, whole
- Salt and pepper, freshly ground
- 80ml grapeseed oil
- 1 onion, roughly chopped
- 1 carrot, roughly chopped
- 3 garlic heads, peeled and halved
- 2 sprigs thyme
- 2 sprigs oregano
- 1 bay leaf
- 500mL Greek red wine
- 1L good quality chicken stock

**Grecian Salad**
- 40g almonds, roasted and chopped
- 10 baby cucumber, diced
- 300g green seedless grapes, halved
- 1 cup loosely packed mint, shredded
- 1 tsp sumac
- ½ red onion, thinly sliced
- 2 tbs extra virgin olive oil
- 2 tsp lemon juice
- Salt and pepper, freshly ground
- 150g feta, to serve

**Feeds**: 4-6
**Taking**: 3hrs+

**DIRECTIONS**

1. **Roast Turkey**
   Preheat oven to 140°C. Season turkey legs generously with salt and pepper on all sides. Heat oil in a large, heavy-based pan over high heat. Add turkey legs skin-side down. Cook without moving until deep golden brown, then flip legs and cook until second side is browned, reducing heat as necessary if the oil smokes excessively. Transfer bird to a casserole pan and set aside.

2. With the same pan you cooked the turkey in, sauté onion, carrot, garlic, thyme and oregano until well browned. Add wine and boil until reduced by half. Add turkey legs skin-side down. Cook without moving until deep golden brown, then flip legs and cook until second side is browned, reducing heat as necessary if the oil smokes excessively. Transfer noble bird to a casserole pan and set aside.

3. To wet-roast, place baking tray in oven and cook, covered in foil for around 1.5hrs, remove foil and continue to cook for 30mins. By this point turkey should be falling off the bone and the skin should be a deep burgundy colour. Remove turkey from tray and place on serving plate. Strain sauce through a fine sieve, then reduced until it reaches desired consistency. Pour sauce over legs and serve with salad.

4. **Grecian Salad**
   Combine all ingredients and toss well. Serve with wet-roasted Turkey, and a smattering of feta, if your heart desires.
Fat Brad

Isotonic Gym Pops

Lovable fool Chad Feldheimer has a rock hard body, a head full of air and a heart of gold. The professional gym junkie makes his dollars lifting dumbbells before he happens upon some misplaced “intelligence shit” that may mean he never has to work again.

When you’re harbouring raw intel it pays to be alert, which explains Chad’s high octane diet of spandex, chewing gum and Gatorade. There is a fine line, however: too much sugar and not enough cardio slowly tips Chad into lunacy. These popsicles may look like empty calories, but in the words of Chad-Brad “appearances can be deceptive.” Chad’s pops are made from assorted isotonic drinks, brimming with electrolytes and designed for slow release hydration. If only we could have slowed little Chad-Brad down a few paces, he might never have been shot square in the head. Oops, spoiler alert.

INGREDIENTS
- 600mL isotonic drinks*, assorted
- Optional mixed fruit eg. kiwi, lychee, strawberry, watermelon, cut into small chunks
- 6 popsicle moulds, assorted

Makes 6
Takes 10mins left overnight

*We’ve used a range of Pocari Sweat, Gatorade and Powerade but really anything besides Maryland swamp water will work.

DIRECTIONS
1. Pour isotonic drinks into desired popsicle moulds then place on a level surface in freezer. To create layers, freeze until half frozen (1-2hrs) and then add a contrasting layer of isotonic and freeze until solid (3hrs or overnight). For added health benefits, add small pieces of fruit to liquid before freezing.
2. To serve
Run molds under hot water to loosen. Gently pull icy pole sticks to release, eat immediately or reserve icy poles in freezer for up to a month. Eat on the run.

Burn After Reading

The building that was turned into the Hardbodies gym in the film was found in Paramus, New Jersey. The production department did such a good job with it that locals came in to inquire about membership.
Fat Brad

Fight Club’s unnamed narrator has plenty of problems: crippling insomnia, dissociative tendencies, and a lawless friend named Tyler Durden. No wonder he turns to “support group tourism” – sans tuberculosis, testicular cancer, or blood parasite for some coffee and sympathy.

Desperate times call for grim lighting and a community centre trestle table adorned with ashtrays and guilt-free snacks. Bankrupt, divorced, drug addled? Nothing a doughnut and a mug of steaming Joe can’t fix! Just make sure they’re not Krispy Kreme and Starbucks; Tyler abhors the establishment, after all. Best enjoyed with a comforting back rub from a single serving friend.

Boozy Jam

Therapy Doughnuts

Tyler  
"Tomorrow will be the most beautiful day of Raymond K. Hessel’s life. His breakfast will taste better than any meal you and I have ever tasted."

INGREDIENTS

Boozy Jam

- 150g blackberries
- 150g raspberries
- 150g cherries
- 350g caster sugar
- ½ lemon, juiced
- 1 vanilla bean, sliced and scraped
- 30mL brandy

Therapy Doughnuts

- 200g plain white flour
- 200g strong white flour
- 14g dried yeast (7g sachets)
- 50g caster sugar (plus extra for coating)
- 1 tsp salt
- 1 egg, beaten
- 50g unsalted butter, grated
- 80mL pouring cream
- 150mL milk, warmed
- 2L vegetable oil (for deep frying)

DIRECTIONS

1. **Boozy Jam**  
   Hurl fruit and sugar in a large mixing bowl then set aside to macerate and contemplate it’s existence (1hr). Team up this mixture, lemon and vanilla in a saucepan and cook over medium to high heat, stirring occasionally. Once it reaches setting point, remove from heat and allow to cool slightly before passing through a sieve to remove vanilla pod and fruit chunks or seeds. Cool completely, stir through brandy.

2. **Therapy Doughnuts**  
   Mix flours, yeast and sugar in the bowl of an electric mixer with a dough hook attachment. Then add warmed milk, butter, cream, egg, and salt; mixing until all the ingredients are well incorporated and the dough forms into a smooth and elastic consistency. This will take a few mins. For those of you without a mixer, it’s time to use your fists for once! Combine ingredients as above, mixing with a large wooden spoon. Think broken promises, arrogant know-it-alls and stubbing your toe. Hmmn feel that? That’s a little thing called anger. Now roughhouse the dough together on a floured surface until mixture becomes one, eventually all your frustrations will turn into something soft and silky. This process takes a bit more muscle but as Tyler said “without pain, without sacrifice, we would have nothing”.

3. Place the dough into a large, lightly greased bowl, cover with a damp tea towel and allow to rest somewhere warm until doubled in size (1-2hrs).

4. Turn the dough out onto a lightly floured work surface, firmly knock the wind out it but don’t get too carried away, take it easy on the guy. Roll the dough into a 3cm thick rectangle. Then, using a round pastry cutter or a glass with a diameter of about 10cm, cut the dough into rounds and place on a greasy tray. Set aside in a warm, draft free corner covered in a damp tea towel to prove itself until doubled in size (15-30mins).

5. Now to get the oil all hot and bothered. Fill a large saucepan with vegetable oil over a medium heat then bring up to 170°C. Test oil with a small piece of dough. Working in batches, fry doughnuts, turning occasionally, until golden brown and cooked through (3-4mins). Remove with a slotted spoon and allow to drain on paper towel.

6. **To serve**  
   Medicate doughnuts by rolling each in caster sugar until lightly coated. Use a small knife to pierce top of each doughnut then pipe a generous amount of jam into the hole. Eat promptly, washing each down with a cup of filter coffee and the prescription drug of your choosing.

Fat Brad

There’s a cup of coffee hidden in every scene.
Danny    Why do they always paint hallways that color?
Rusty    They say taupe is very soothing.
An edible ode to the movie star who eats like no other, Brad Pitt.