



“I TAKE RIDICULOUS PLEASURE IN WHAT I EAT AND DRINK” *(Casino Royale)*

What is it that makes the famous secret agent so irresistible?

It is certainly a combination of many things, such as intelligence, elegance, and sophisticated style. Bond, in all his incarnations, has an unmistakable aura of an invincible alpha male that simply exudes confidence. And let’s not forget, he is a Scorpio – the Zodiac sign that symbolizes passion, strength, and libido.

Whatever his secret is, you can’t argue with the results. Bond knows his way around the ladies – and the ladies certainly want him around. Still, all those ladies are bound to drain an agent’s resources – so obviously he would need a truly proper energy-boosting breakfast after a night spent in Her Majesty’s service.

Heroes live exciting lives, meet exciting people and have exciting traits. That’s what makes them heroes. And that’s also what makes us want to be like them. Admittedly, that can be pretty hard if you don’t have Roger Moore’s boyish charm or Sean Connery’s sophisticated ruggedness. Or Daniel Craig’s abs. You could try getting a Bond car. Maybe even learn how to do some stunts.

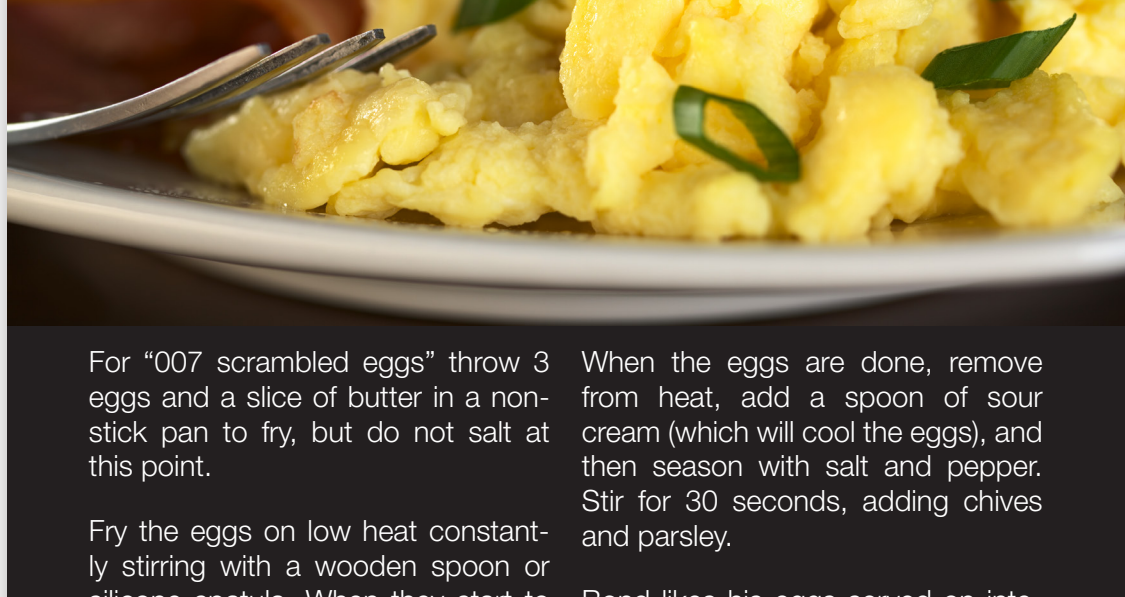
Or you could take the simpler (and much safer) route: adopt Bond’s taste in food. True, it may sound expensive at first – after all, 007 is known for his high-rolling lifestyle of luxury casinos and exclusive retreats, so we would never expect him to begin his day with a pedestrian bowl of cereal and fresh squeezed orange juice. But in reality, there is nothing stopping you from having breakfast Bond-style.

Bond is actually quite the gourmet of refined taste who insists on seasonal dishes and adapts to new lands he visits, but one thing he never neglects is his favorite breakfast: scrambled eggs on toast.

■ Maya

007 has so far killed 150 people, slept with 44 women (30 of which tried to kill him), and went from 60 cigarettes a day to being a non-smoker. It is believed that his birthday is November 11th.

007 SCRAMBLED EGGS

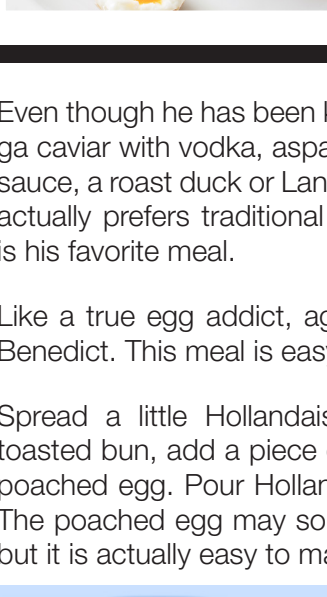


For “007 scrambled eggs” throw 3 eggs and a slice of butter in a non-stick pan to fry, but do not salt at this point.

Fry the eggs on low heat constantly stirring with a wooden spoon or silicone spatula. When they start to thicken, remove from heat and stir, then continue cooking. Repeat as many times as needed when you notice they could become overcooked. The eggs should be creamy, but not raw.

When the eggs are done, remove from heat, add a spoon of sour cream (which will cool the eggs), and then season with salt and pepper. Stir for 30 seconds, adding chives and parsley.

Bond likes his eggs served on integral toast with butter, along with pink champagne (Taittinger) and quiet music. The final but integral part of a Bond-style breakfast are 2 strong black coffees with no sugar, preferably Jamaican.

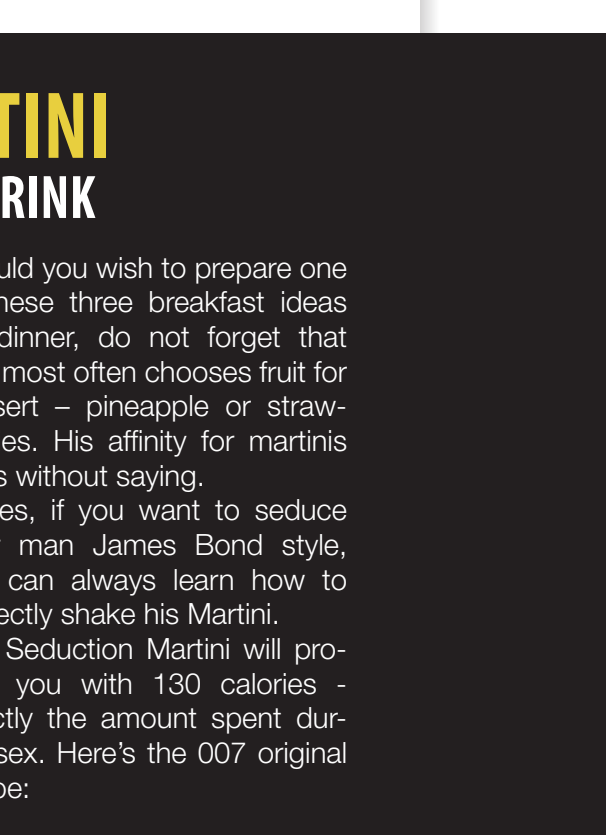


Another version of the breakfast – best served when in London - is a boiled egg cooked for precisely 3 minutes and 20 seconds, served in an egg cup. For this occasion only brown eggs from French Marans chickens are used, served with 2 pieces of toast, Jersey butter and jams: Tiptree “Little Scarlett” strawberry jam, Cooper’s Vintage Oxford marmalade or Norweigian Fortnum honey. Bond’s choice is Minton tableware, so for a complete experience accentuate this meal with your best set.

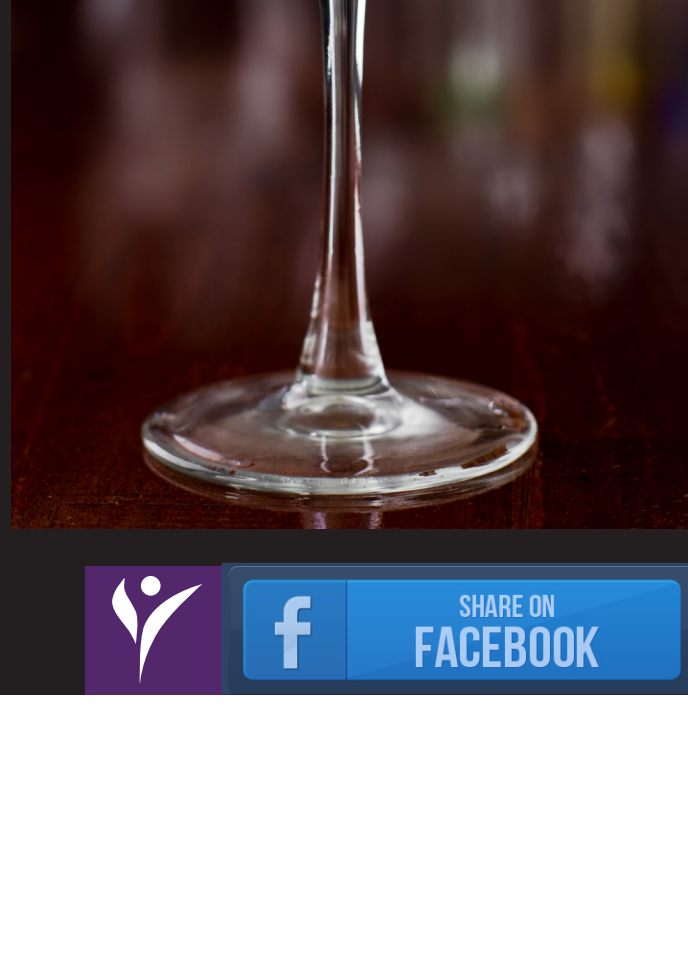
Even though he has been known to order Beluga caviar with vodka, asparagus in Hollandaise sauce, a roast duck or Langoustine lobster, Bond actually prefers traditional food, and breakfast is his favorite meal.

Like a true egg addict, agent 007 loves Eggs Benedict. This meal is easy to prepare:

Spread a little Hollandaise sauce on half a toasted bun, add a piece of Parma ham and a poached egg. Pour Hollandaise sauce on top. The poached egg may sound like a challenge, but it is actually easy to make.

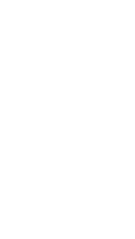


VESPER MARTINI BOND’S FAVORITE DRINK



Should you wish to prepare one of these three breakfast ideas for dinner, do not forget that 007 most often chooses fruit for dessert – pineapple or strawberries. His affinity for martinis goes without saying. Ladies, if you want to seduce your man James Bond style, you can always learn how to perfectly shake his Martini. The Seduction Martini will provide you with 130 calories - exactly the amount spent during sex. Here’s the 007 original recipe:

- Three measures Gordon’s gin
- One measure vodka
- Half a measure “Kina Lillet” wine
- Shake well (don’t stir) until it is ice cold
- Add a large, thin lemon peel



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