



## **EPICURIOS REVEALS TOP HANGOVER REMEDIES FOR NEW YEAR'S DAY**

**NEW YORK, DECEMBER 14, 2006** – Epicurious.com, the premier food Web site, has issued a list of the best New Year's Day hangover remedies, aptly titled "Hangover Helper." Epicurious editors have selected a list of more than 15 foods and beverages that function as perfect hangover fixers for the morning after New Year's Eve.

### **Some of the items on the list include:**

#### **Egg, Bacon, and Cheese**

A hangover list would be incomplete without the traditional Egg, Bacon, and Cheese sandwich. On a biscuit roll or with an English muffin, the cholesterol-covered meal is considered an all-time American favorite by hangover amateurs and pros alike.

#### **Crescent City Cure**

There's a traditional, but not well-known, New Orleans hangover cure called Yaka Mein. It's a beef and soy broth-based soup nicknamed Old Sober for its purported hangover-healing properties and consists of noodles, meat, and boiled eggs.

#### **Hair of the Dog that Bit You**

Some say you need to drink exactly what you drank the night before for a true "hair of the dog" remedy, while others say any form of alcohol will do. Try the Buenos Aires 1950s recipe, the *Man-of-the-Port*: Take 1 10-ouncer can of Campbell's Consommé or Beef Bouillon, add 2-ounce tot of good French brandy. Stir and put in deep-freeze or freezer compartment of your refrigerator. Leave it till it's a chilled and sippable liquid; or chill until it almost jells, and eat it with a spoon.

#### **Prairie Oyster**

A Prairie Oyster is made with raw eggs, Tabasco, and Worcestershire sauce, and sometimes brandy. It tastes so bad that if it doesn't cure your hangover it will at least clear your mind.

#### **Fry-Up**

The full English breakfast or the "fry-up" of eggs, toast, sausages, broiled tomato, baked beans, and sometimes, if you're lucky, blood pudding is the perfect cure for a few too many pints of bitter.

***For the complete list of Epicurious.com's Hangover Helpers, log on to:***

***<http://www.epicurious.com/features/news/dailydish/121106>***

**Epicurious.com**, a CondéNet site, is a premier award-winning food Web site, which incorporates more than 25,000 professionally tested recipes from the premier brands in food journalism, *Gourmet* and *Bon Appétit* magazines, as well as Web-exclusive original recipes from top chefs and cookbook authors around the world. It also contains over 22,000 member-submitted recipes. Epicurious offers a wealth of articles and tips focused on cooking, entertaining, wine, cocktails, and shopping.