

FUTURE RUNS

CHOLESTEROL WEEKEND FOR "DIE MANNEN" 29/30 JULY 95

Sorry ladies - this is a men only outing. We can't have you there worrying about hubby's diet and spoiling his fun with things like lettuce leaves, apples and everything else that is good for him.

This weekend is to be an orgy of meat-eating. When last did you really satisfy your craving/lust for heaps of braaied/fried/roasted meat in all its facets - steaks, chops, fillets, roasts, etc., biltong. Think of a prime rump steak, one inch thick weighing approx 1 kg with half an inch of fat around it's edge, snugly on a bed of coals; and to know that you don't have to share it with the other six members of the family!! Come on chaps let's go out in style.

Some thoughts on menu's:-

Breakfast

Coffee made with boiled milk and topped up with genuine cow's cream.

Three eggs fried in genuine cow's butter. A packet of bacon, a string of pork sausages, some wors, couple of chops, piece of steak fried in the eggs pan with butter - remove steak, add water and you have the richest cholesterol loaded gravy imaginable. Bread will be allowed to mop up with.

Between breakfast & lunch biltong will be eaten to stave off the hunger pangs.

Lunch

Something light like half-meter thin wors, cold roast beef, salami, and other cold delicacies.

Afternoon cravings can be satisfied with smoked oysters, cold crayfish, prawns, etc.

Supper

This can start at about sundown and now will be the time for the guys to brag with the sizes of their steaks & the method of preparation. I personally like to start off off the grill & spread my eating time over a few hours. i.e. a few pieces of thin wors to get the saliva going, followed by a few nice fat chops. To really appreciate steak you must have two servings: One braaied on very hot coals and brought to a med-rare state very quickly. This way you savour the taste the meat. Secondly, later on in the evening your second piece must be braaied on cooler coals which will naturally take longer. This steak must be reasonably well done and eaten in thin strips over a period of 2 - 3 drinks which allows you to heat up a piece every now & again.

I am very serious about this weekend, so for those who have excessively high cholesterol counts, come along & let's make it higher. Those without this problem can be the stretcher bearers. Please phone me for a booking. Tel. 7751402

WINSTON CRONEY