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Breaking Bad

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Cook Book

COMPLETELY UNAUTHORISED

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**B**

JOHN BLAKE

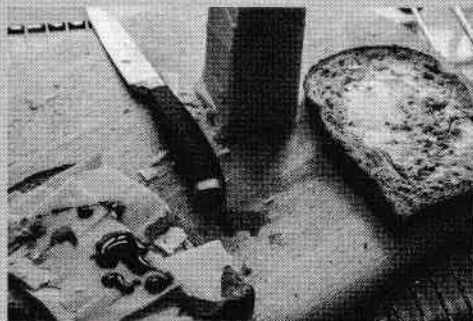
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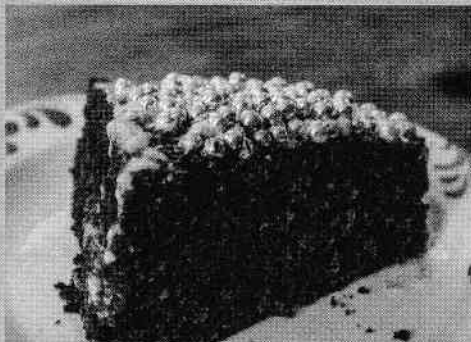
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# LBRIS | **the traditional white breakfast** books

The White household is known for one thing: cooking a damn fine breakfast, and we are frequently treated to the spectacle of their morning culinary delights. Walter Jr, the true breakfast connoisseur, is rarely seen anywhere other than at the table, and there are rumours that it was written into his contract that he must be eating breakfast for 64% of his time onscreen. I can neither confirm nor deny these reports.

The breakfast combinations to be created are endless, but here's what you need to know to create the perfect White breakfast:

## **SERVES 3**

**10 large eggs**  
**9 rashers of bacon**  
**150 ml milk**  
**1 large knob of butter**  
**150 g plain flour**  
**2 tbsp caster sugar**  
**3 tbsp cream**  
**1 tsp baking powder**  
**Salt**  
**Pepper**  
**Maple syrup**

Sift the flour, caster sugar, baking powder and ½ tsp of salt into a bowl. Then whisk 1 egg, 150 ml of milk, and 30 ml of melted butter together in a separate bowl. Pour them together and beat them until you obtain a smooth batter without any lumps. Leave to stand for a few minutes.

While waiting for the batter, heat three frying pans, one to a low heat, one to a medium heat, and one to a high heat. Break the remaining 9 eggs into a bowl and beat them thoroughly until they are evenly yellow. Add the cream and whisk it into the mixture. Then, simultaneously:

1) Place a knob of butter in the medium-hot frying pan and wait until it's

melted. Add a ladle of batter and wait for it to begin bubbling. Turn it over and then cook until golden brown. Repeat until all the batter is used up. Pour maple syrup generously on the finished product.

2) Add the rashers of bacon to the hottest pan and cook for 2–4 minutes on each side, depending on how crispy you like it.

3) Melt the remaining butter in the final frying pan. Pour the eggs in and, ensuring the heat remains low, leave to cook, making sure that you stir thoroughly pretty much constantly. As the eggs thicken in consistency, stir in salt and pepper to season.

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Note: It is recommended that each of these items is store-bought and not made at home. If you need step-by-step instructions on how to purchase any of the above from a store, then I would suggest that *Breaking Bad* is possibly too complex for you, and you would be more comfortable with a show like *Dora the Explorer*.

If you manage to time everything right (and I'm not your babysitter – you can work that bit out for yourself) then everything should be ready and piping hot at the same time. Serve up with salt, pepper and of course maple syrup. To fully capture the White experience, there should be a complete selection of orange juice, grapefruit juice and coffee available. If you're British, I would recommend you have tea as an option as well.

Of course, variety is the spice of life, and you will want to keep your morning routine fresh. The Whites recommend each of the following as perfectly acceptable additions or substitutions for the White breakfast:

Fruit salad, pain au chocolat, croissants, cereal, buttered toast.

## the white birthday breakfast special

In a subtle link between the first episode and the first episode of the last series (perhaps they wanted to let us know how much time had passed? Perhaps there were deeper connotations? Who can really say what lies behind the mind of the show's creators?), *Breaking Bad* lets us into a little White family tradition – The White Birthday Breakfast Special.

**Serves:** 3

**Ingredients:** Exactly the same as The Traditional White Breakfast, but with extra rashers of bacon. The cook's discretion is advised on how many, depending on how much you like the birthday boy/girl. If, for example, you secretly hate your husband and don't want to be in the same house as him, let alone the same room, this is a perfect way to show how you really feel.

Exactly the same as The Traditional White Breakfast – with one key change. When serving the meal, you must cut the crispy bacon up into artistically useful pieces, before tastefully arranging the tasty morsels into the figures that represent the age of the birthday

boy/girl. Only do this on their plate. Serve the others as normal.

Not only is it an aesthetically pleasing arrangement, but it also saves a bundle of cheddar on candles.

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# the 'if i can't kill you, you'll sure as shit wish you were dead'

Although not cooked at the White's household, this has all the hallmarks of a typical White family breakfast. Consisting of pancakes, bacon and sausages, all drizzled liberally with maple syrup, this breakfast at the local Denny's, which appears in the first episode of the fourth season, is one of the most memorable.

Having cheated death once again, and left a couple of dead bodies in their wake, the cooks are debriefing. Jesse is cheerfully tucking in with gusto while Walter White himself refuses any food, preferring to sip at a coffee instead. It becomes apparent, though, that Jesse's cheer is fairly superficial as he explains what Gus Fring is thinking: 'If I can't kill you, you'll sure as shit wish you were dead.' Perhaps not the jolliest frame of mind to be enjoying a cooked breakfast in, but needs must.

## SERVES 3

**The same as The Traditional White Breakfast (replace the eggs with 6 sausages)**

Again, the method for this masterpiece of a breakfast is very similar to The Traditional White Breakfast's. The only difference is that you replace the scrambled eggs section with the following:

Heat a pan with a high heat and, when hot, place the sausages on it. Leave for 8 minutes, turning the sausages every 2 minutes to ensure an even cook.

To save on the washing-up (which is

absolutely key, and probably the most important consideration when beginning any cook), you may wish to use the same pan for both sausages and bacon. It will have to be a big pan, but if you're a serious cook, you need the right instruments, no matter how difficult they are to source.

Perhaps try your local high school and see what you can borrow (not steal. I'm definitely not condoning stealing. OK?).

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# LBRIS the bad books

## 'this is your brain on drugs'

Jesse is the more unconventional of our two heroic cooks, and some of that unconventionality shines through in his wonderful take on Huevos Rancheros, the classic Mexican breakfast dish. While cooking this up as a romantic breakfast-in-bed treat for his girlfriend Jane, Jesse makes the remark that gives this recipe its name. And if anyone should know what a brain on drugs looks like, then Jesse Pinkman should.

If you want to impress your partner with your morning culinary skills, here's everything you need to know.

### SERVES 2

250 ml salsa  
500 g refried beans  
4 eggs  
8 small tortillas  
125 g cheese  
30 g onions  
Butter  
Chili P

*\*For those with more time — or, as I like to call it, no life — the oven can be used instead of the microwave to warm up both the tortillas and the beans. Warming food up isn't rocket science. Work it out for yourself.*

First, grate the cheese and chop the onions fine, and then begin to gently heat the salsa in a saucepan.

Melt the butter in a frying pan on a medium to low heat and then crack the eggs into the pan to fry. The eggs will take around 2 minutes to cook the whites to a firm consistency while keeping the yolk wonderfully runny.

Put the tortillas in the microwave for 30 seconds on high power to warm them up. To avoid the devastating problem of two tortillas sticking together and tearing, place a sheet of kitchen roll between each one. Put the tortillas on two plates and place the eggs on top of them. Put the refried beans

in the microwave and warm for between 1 and 2 minutes on high power, depending on preference.\*

While the beans are warming, spoon the salsa on to the tortillas and spread to cover the eggs. Also, sprinkle the onions and half of the cheese on top.

Once the beans have reached the favoured temperature, spoon them on to the top and swirl in with the salsa, cheese, onions and egg for the 'brain on drugs' look.

Finally, sprinkle the remaining cheese on top and add a dash of Chili P for some of Jesse's signature kick. Feel free to add any other herbs or spices (oregano is a favourite) for flavour at this point as well.

esse's Top Tip: When cracking the eggs,  
ensure you leave in at least a small amount  
of eggshell. Not only does it add a bit of  
crunch and flavour, but the ladies love it too.

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