

HSPI 249 FOOD WRITING  
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FOOD DIARY OR FOOD NAZI

What do you mean, you're having bacon, eggs, home fries and hard rolls for breakfast? Again? Every weekend, it is the same thing, over and over.

No, it isn't the same thing every weekend. Sometimes I have sausages. Look, I like bacon. No, I LOVE bacon. You know that. I write about bacon. I talk about bacon. People give me bacon themed Christmas gifts. I get all the pictures and product advertisements. People on Facebook like to read about my Sunday breakfasts. I've been taken to task for not providing the "provenance" of this week's bacon. People want to know where I get the stuff. Besides, I only eat it on the weekend, or when I'm out to breakfast, or on vacation. And sometimes, if there are leftovers, I'll have a BLT. And for the record, pork belly does not count. It is a separate food group entirely.

Just because you go to farms and weird places in New York to buy bacon, like that MUNCAN FOOD Co. in Astoria, it doesn't excuse this craziness. You got lost in Queens and almost didn't make it out of there. And then you bought an half of a pig from some farmer in Winchester of all places. The freezers were full of bacon.

Stop it. How was I to know that every borough in New York City has a couple of Broadways in it. Besides, I almost didn't get out of there because the kid behind the counter decided that I needed to try every single variety of bacon that they had... and the last one was crispy pork rind bits... The real thing too. There were at least 15 different kinds of bacon... double smoked bacon, paprika bacon, garlic rolled bacon, smoked guanciale and black forest bacon. Heaven! And the last item were those crispy pork rinds.

And today's bacon is special! It was a birthday gift from Davey Lloyd. He's a Brit from Manchester, England. This is British style back bacon from the north of Britain. It is nothing like the regular stuff. This is cold smoked and heavily salted. Not bad salty, but good

salty. It is very much like our Virginia ham.

See, the salt is going to kill you. And if it doesn't, the eggs will.

No it isn't and no they won't. There's nothing wrong with my blood pressure, except listening to you. Besides, there is a new study out that shows that all those low fat diets the so called health experts have foisted on us for the last 40 years are pure bunk. They have made no difference whatsoever. Now you can eat all the meat and eggs you want. It is the processed stuff that's going to kill you; that and the refined carbs. Those are bad. The eggs I eat are locally raised, are from free range chickens, they look beautiful when you cook them, and taste as good as they look. They are especially good when you sop up the yolks with a fresh New York style hard roll.

There you go with the carbs...home fried potatoes and hard rolls with butter. Bad...bad and worse!

Come on. The potatoes were the bargain of the year! You remember. We were all out on the north shore of Long Island for my birthday, touring vineyards with the kids. I know, I know, they aren't kids at 28 and soon to be 30, but they are to me. We stopped at that huge farm market...with every known fall vegetable and fruit. And there they were: 50 pounds of Yukon Gold potatoes for \$12.50! \$12.50! How could I pass that deal up? Into the car they went for the next couple of days. Alright, so maybe I shouldn't fry them in bacon fat. But they taste so much better that way. Butter is good. Duck fat isn't a morning thing. And those other oils...tasteless.

And leave the hard rolls out of this. You know how good the NY style hard rolls from Fran's are. They are almost as good as the old New York Bakery on William Street. And Larry needs the business.

Oh alright. What are you making for dinner?

You'll love it! I'm making braised chicken thighs with caramelized shallots, a mustard sauce with some cherry tomatoes tossed in at the last minute. It is from the New York Times Magazine. So it must be good; the rest of the paper, not so much.