

How to live now Hangover cures

Sore head? 10 easy, comforting dishes to banish a hangover - chosen by chefs

Pubs have reopened in England this week. If the excitement has got too much, here are cooks' tips for the morning after, from mac and cheese to spicy chorizo eggs



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'I always go for something like mac and cheese if I'm hungover,' says Masterchef judge Monica Galetti. Photograph: 4kodiak/Getty Images

Steak and eggs



Photograph: rebeccafondren/Getty Images/iStockphoto

Andrew D'Ambrosi, chef at D'Ambrosi Fine Foods, Stow-on-the-Wold, the Cotswolds

Steak and eggs are my hangover go-to. I have it with A1 Sauce - which isn't big in the UK, so I keep a stash of it. To cook my steak, I get a pan smoking hot, season the steak generously on both sides and once it starts to brown, I turn the heat right down and allow a crust to form. If my butcher gives me a cut with extra fat, I like to slice it off, render the fat in a pan and use it as my cooking oil for the steak. I serve it with two fried eggs and a cup of coffee - I'm not a hair of the dog person.