

BREAKFAST IN BED

Break her fast after a night of passion between the sheets

SCRAMBLED EGGS

If she was a first date, chances are she will want her eggs scrambled, not fertilised. (Serves two.)

INGREDIENTS

15ml butter
50g mushrooms, chopped
1 clove garlic, crushed
15ml fresh parsley, finely chopped
4 large eggs
75ml dry white wine
1ml salt
Black pepper, freshly ground

METHOD

- 1 Melt the butter in a saucepan. Add the mushrooms and garlic and fry gently for about five minutes until tender. Stir in the parsley.
- 2 In a separate bowl, whisk together the eggs, white wine, salt and pepper. Pour the egg mixture over the vegetables in the saucepan and allow to cook for three to four minutes, stirring all the while, until light and fluffy.
- 3 Serve immediately with freshly buttered toast.


BAKED FRENCH TOAST

If you and your sugar fancy something sweeter, treat her to this spicy French toast. (Serves four.)

INGREDIENTS

8 slices bread, thickly cut
6 eggs
500ml milk
15ml brown sugar
5ml ground cinnamon
Pinch ground cloves
Pinch ground nutmeg
5ml vanilla essence
45ml butter or margarine, cut into small pieces

METHOD

- 1 Arrange the bread in one layer in a medium-sized ovenproof dish.
- 2 Whisk the eggs in a separate bowl. Add the milk, brown sugar, spices and vanilla essence and mix well.
- 3 Pour the egg mixture over the bread and leave for one minute. Turn over each slice of bread, making sure they are all well coated in egg mixture.
- 4 Preheat the oven to 180°C. Dot the bread with the pieces of butter and bake, uncovered, for 30 to 45 minutes, until lightly browned.
- 5 Serve immediately with grated cheese, jam or golden syrup. 

'ONCE A WOMAN HAS FORGIVEN A MAN, SHE MUST NOT REHEAT HIS SINS FOR BREAKFAST' – MARLENE DIETRICH (ACTRESS)

BLANCO CHECK

'Afro-chic' describes Blanco's in a nutshell. It's a great place to take a first date

WORDS JACKSON BIKO

You can spot a man who is on a first date with a woman he's trying to impress. You might find him in the cocktail lounge of Blanco's bar, eating peanuts and sipping a fancy cocktail under subdued lighting. He will have chosen Blanco's because it really is an impressive cocktail bar. It says, "I'm a decent bloke with refined taste, and guys like me hang their hats at Blanco's."

Blanco's is modelled as an African lounge. An ever-growing class of young, upwardly-mobile, professional types are out to feel pampered, so the owner, Leonard, has gone for the African posh feel.


As I sit at the bar one drippy evening, having a chat with Leonard and trying to ignore the bright starry reflection from Mr First Impressions' date on the velvet seats, it occurs to me that you immediately know a great bar when you are in one. It won't take multiple visits or a chat with the barman, or even great music.

You will notice a few things at Blanco's that speak louder than their soft piped African music: the African paintings, the drawings of Kenyan Afro-fusionists such as Susan Owiyo and Abbi adorning one wall, the huge, modelled branch crawling over you at the bar, and the sculptures.

At some point, a waiter bowed to Mr First Impressions and informed him that his table was ready. I followed him and his date to the restaurant section where a band was playing. A truly amazing vocalist named Winyo was balanced on a stool strumming his guitar, and next to him was Ogada Ayub – he of Nyatiti fame. A truly formidable pair.

Every second last Wednesday of the month is "unplugged" evening, in celebration of true authentic Kenyan

sounds. Blanco's invites upcoming artists to play for their audience while they have an African dinner. The night is always a riot.

I left the couple still engrossed in the band, their food, and themselves at about 10.15pm. It appeared that Mr First Impressions was already ahead. Nothing could possibly ruin his evening, and he owed Blanco's the headstart. 

Blanco's

Tinai Plaza, Argwings-Kodhek Road, Nairobi
Don't miss jazz night on the last Wednesday of the month. Telephone: +254 (0) 72 400 3181, +254 (0) 20 386 4670



TEQUILA SUNRISE

1 tot tequila
200ml orange juice
A splash of grenadine
Lime wedge

Squeeze the lime into a highball glass half filled with ice. Drop the squeezed wedge into the glass and stir in the tequila and orange juice. Slowly pour in the grenadine and allow to settle. Stir and serve garnished with a slice of orange.

