



UMEBOSHI (Japan)

Aka pickled plums, umeboshi are a confronting mouthful. They are pickled to within an inch of their lives, so salty and sour you'll more than likely reach for a beer to wash it down.

DRUNKEN NOODLES (Thailand)

The Southeast Asian equivalent of a bacon sandwich – wide, flat rice noodles, seafood, vegetables, chilli, soy, fish sauce and lime juice. A palate explosion that will surely take your mind off your headache.

BACON SANDWICH (UK)

In your hurtin' state, the only decision you need to face is whether it's the brown sauce (yep!) or the red sauce. Then let the squishy white bread, rich butter and smoky salty bacon do its fine, fine work. You will feel better, as long as you keep it down.

PRAIRIE OYSTER (USA)

Honestly, some hangover cures seem to be working on the principal that what doesn't kill you makes you stronger. Enter the Prairie Oyster – a raw egg dressed with salt, pepper, Tabasco and Worcestershire sauce. Slam it down hard (so it stays put).



HANGOVER

Let's face it, you reap what you sow and after a night of drinking a lot of beer there's not much guaranteed to fix you the next morning. But that's not say that people haven't tried. Here are some of the better (if still scientifically unsound) ideas.

A PICKLE JUICE (Poland)

A contender with rehydration aspirations, sour, salty pickle juice could do something to your hangover, but it's not the most pleasant beginning to what is already a poor start to the day.





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RICE

CONGEE (Vietnam)

This is a local cure-all – when you're feeling under the weather, this comforting, thick rice soup (pork or seafood are best) is your go-to. Dressed with slivers of ginger, coriander leaf, chilli and fish sauce, it will hit a hangover too. Well worth a shot.

ER CURES

SOBRIETY

We know, buzz kill – but there you have it. Avoiding drinking alcohol is 100% guaranteed to result in no hangovers. Which will leave you in a perfect state of health to go out drinking. Every cloud has a silver lining.

BEROCCA (various)

Particularly popular in Australia, this is a bright orange, fizzy, vitamin B drink. Post-session, brain aching, you drop a pale orange tablet into a glass of water, let it violently dissolve, then throw back the liquid gold. If nothing else, it removes the taste of drinker's remorse from your mouth.

HAIR OF THE DOG (global)

The ubiquitous hangover cure – it is a pearl of wisdom thrown out in every country on the planet. The extreme version of this is 'stay drunk' but that's no way to live. We recommend a Bloody Mary if you're going to try it. But any port in a storm...

