



SIX THINGS YOU NEVER THOUGHT TO PUT IN A THERMOS FLASK

Don't neglect the Thermos flask - it keeps hot things hot and cold things cold

- 1** Perfect scrambled eggs: slightly undercook your eggs and put in your Thermos. On the train: plate out, cold toast, cutlery GO GO GO HA HA HA.
- 2** G'n'T with ice and lemon, perhaps a Gibson or a Cosmopolitan: heading into the wilderness, but know you'll be in need of an ice-cold sharpener later? The Thermos is your friend. Of course, the same goes for keeping hot chocolate, coffee and tea, well, hot.
Note: For chilled or frozen things, put the empty Thermos in the freezer with the lid off for half an hour beforehand.
- 3** Carbonara or cacio e pepe: pre-load your Thermos with grated Parmesan (or pecorino), an egg yolk or two, some fried bacon (or just salt) and loads of pepper, then add hot pasta straight from the pan and a touch of the cooking water. Lid on and shake.
- 4** Your favourite stew or curry: take leftovers with you in your trusty Thermos. Ditch the terrible sandwich in a train

station and eat something really delicious instead.

- 5** Instant ramen noodles: boil the kettle and wang everything into the Thermos, including some shredded spring onions, leftover meat, etc. Lid on and lunch like an absolute BOSS.
- 6** Porridge: measure oats into your Thermos, add three times the volume of hot water or milk, plus salt or sugar to taste. Lid on. Head out. Shake occasionally, and an hour later you'll have perfect porridge.

Extracted from 'Max's Picnic Book', by Max Halley and Ben Benton, with photography by Louise Hagger (Hardie Grant, £16.99), released on 18 March

