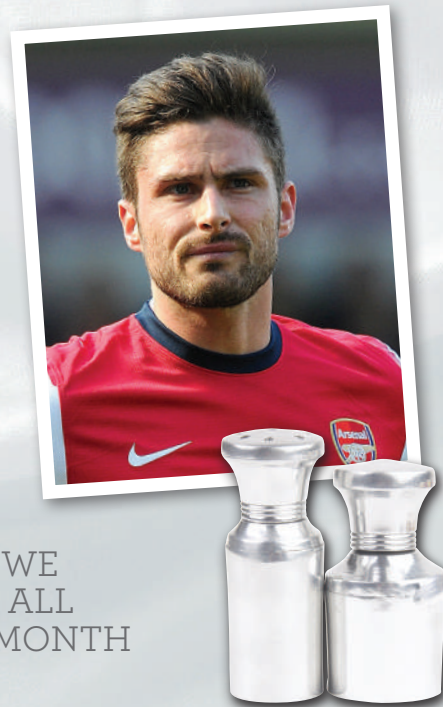


GOURMET GUNNERS

NAPOLEON SAID 'AN ARMY MARCHES ON ITS STOMACH' AND FELLOW FRENCHMAN ARSÈNE WENGER CERTAINLY NEEDS HIS TROOPS TO BE WELL FUELLED IF THEY ARE TO FIRE ON ALL CYLINDERS FOR HIS FIRST TEAM. EACH MONTH WE ASK AN ARSENAL STAR TO SPILL THE BEANS ON ALL THEIR FOODY THOUGHTS. ON THE MENU THIS MONTH IS FRENCH FORWARD **OLIVIER GIROUD**



What would you say is your favourite food?

Fondue Savoyarde – fondue is dipping food into a delicious cheese sauce and it is eaten a lot where I am from in Grenoble.

What is your favourite restaurant – either to visit regularly or as a treat?

L'Atelier – a French restaurant in Covent Garden.

What is the first thing you'll look for on a menu?

I will say rib-eye steak.

Tell us the perfect people for you to go to a restaurant with.

It is my wife of course.

What is the main cuisine in the city/country you come from?

Fondue Savoyard that I have already mentioned and we also have raclette, which is a special melted cheese, and gratin dauphinoise, which is sliced potatoes.



What do you like to eat for breakfast?

I like two kiwi fruit, oranges, coffee and toast.

...and a late night snack?

After I have eaten my evening meal I don't eat any more – it's not good for you.





Rib-eye steak

Did you have school dinners?

Yes I did.

If so, what did you like about them?

They were OK. I will eat most things – I'm not too fussy.

How do you like to eat your eggs?

Scrambled and with mushrooms – I love mushrooms.

What do you like on toast?

Butter – not margarine – strawberry or raspberry jam or honey.

Favourite three vegetables?

Courgette, aubergine and mushroom.

Your favourite cold drink?

I really like mint cordial with water and ice.

...and hot drink?

Coffee in the morning, tea in the afternoon – but sometimes hot chocolate too!

What's your secret vice?

Nutella – spread on a banana.

Tell us what you have for Christmas dinner?

We have 'les oeufs de lympe', which is like caviar, oysters, snails, foie gras, smoked salmon, turkey and for dessert 'la buche de Noel', which is like a frozen Yule log.

Finally, when you go for lunch at the training ground, tell us three things you hope the chef has on the menu that day?

Lamb cutlets, skate wings and, of course, banoffee pie.



Scrambled egg with mushrooms



Aubergines



COLLINS GEMS



Arsenal nutritionist James Collins knows the exact nutritional requirements to ensure the first-team players are fuelling themselves with the correct food and drink, both before games and in recovery after a match.

James gives us the benefit of his extensive knowledge each month, providing readers with tips as to how their diet can be beneficial when undertaking sport.

MARATHON MEN – AND WOMEN

With the London Marathon approaching I thought we could look at some of the common nutritional issues raised for those people who are keen on endurance running or other more sustained cardio-vascular exercise.

We often talk about 'recovery' and what the body needs to optimise growth and repair following heavy training. Timing and composition are two of the key questions:

When should I be eating after a run to maximise recovery?

The sooner, the better – ideally within one hour after running – as after hard training your body needs essential nutrients to kick start the growth and repair process.

What are the key components for a post-marathon recovery plan?

Think recovery, think:

- Rehydrate – replace fluid losses
- Repair – 20 grams of protein for starting the muscle repair
- Refuel – a minimum of one gram per kilogram bodyweight of carbohydrates
- Rest – Get a good night's sleep (this is where most of the repair occurs)

Have you favorite recovery snack waiting for you when you finish your session!

As mentioned, 20g of protein is the magic number that you need to hit to optimise the recovery process after training. The following are good examples of recovery snacks:

- 500ml milkshake
- Yoghurt based fruit smoothie
- Medium bowl of cereal
- Sandwich with lean meats, eggs or low fat cheese
- Greek yoghurt, granola and mixed berries

