

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 IT'S THE GUNNERS' KING OF THE CRUMBLE **BACARY SAGNA**.



What would you say is your favourite food?

My favourite food is Lebanese cuisine.

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

Gilgamesh, in Camden – it's a pan-Asian restaurant.

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

The sushi and the duck rolls!

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

A meal with my wife is always lovely.

What's the main cuisine in Senegal?

In Senegal, where my family are from, people eat rice with different sauces.



Lovely Lebanese

What do you like to eat for breakfast?

Cereal and French toast.

...and a late night snack?

I like a little bit of caramel popcorn!

Did you have school dinners?

I used to eat in the dormitory – it was provided by the school.

Did you like them?

It was nice to share the time with my friends – we used to train all day so we enjoyed catching up properly. But it wasn't for long enough!

How do you like to eat your eggs?

Fried on one side, definitely.

What do you like on toast?

Salted butter and honey.



Perfect toast
A Sagna speciality



What are your favourite three vegetables?

Lettuce, cucumber and fresh tomatoes – the latter need to be just a little bit hard, and definitely not squishy!



Salad fan

What's your favourite cold drink?

It's Sprite for me.

...and hot drink?

Nothing beats a mug of hot chocolate.



A nice hot choc

What's your secret vice?

Apple crumble – I make it myself and love it!

Tell us what you have for Christmas dinner?

Turkey with mushrooms, chestnuts and potatoes.

What dish is your wife best at cooking?

Potato gratin – it's great.

Finally, when you go for lunch at the training ground, tell us three things you hope will be on the menu that day.

Chicken breast, potatoes, and bread & butter pudding for dessert!



Apple crumble

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.

FESTIVE FOOD

At Christmas lots of the talk is around not putting on weight, but with a busy schedule of training and matches, this isn't the same for an elite footballer – or if you are someone who gets an opportunity to do more exercise than normal over the holiday period. So how can Christmas foods support an athlete's performance?

TIP 1

Pass the turkey

Turkey is an excellent, lean source of protein which is important for muscle growth and repair. It is also a rich source of a component called 'Beta-Alanine' which helps to remove lactic acid from the muscles during hard training and matches.



TIP 2

Don't forget the fuel

With the frequency of matches over the Christmas period, players need high carbohydrate choices to increase the muscles' fuel stores (known as muscle glycogen). With Christmas dinner this may include; a large serving of potatoes, fruit-based stuffing or even a serving of low fat Christmas Pudding.

Happy Christmas!

