



diningout

BY MICHAEL NAGRANT email diningout@suntimes.com | Follow @michaelnagrant

Hangover helper

Some hearty food
to get you past St. Patrick's Day imbibing



▲ The ooey-goey Brandeursym at Brand BBQ, 2824 W. Armitage.

AL PODGORSKI-SUN-TIMES PHOTO

I still remember the stench, the flare of my nostrils as they caught the tang of spoiled beer wafting from floors of the L.

Moving to Chicago on a normal day can be a shock, but do it on St. Patrick's Day and you're pretty sure you've entered the eye of madness. That day 12 years ago, I saw things: a white-collared Catholic priest jiggling on a tabletop in Lincoln Park; folks doing keg stands on fire escapes, rivulets of green beer dripping from their chins; things a good Polish boy most recently from Cleveland, and originally from Detroit, had never seen. Though I was jolted, the spirit moved me. Like a cold can of Old Style, a Daley in office, or Pulaski Day, nothing was more Chicago. And if only by proximity, I was now a Chicagoan.

In those days I also was a good drinker. Still am. And whether it was St. Patrick's Day or a late Friday evening after a show at the Metro, every good drinker knows a good binge deserves a little hangover helper.

Some people take two aspirin. I prefer two cheeseburgers — and two sunny side eggs over a plate of

hash browns smothered in grilled onions, and a ladle or two of chili served with a couple pieces of toast for good sopping measure.

If you don't know, they call that the Slinger. It's served at Lake View's **Diner Grill** (1635 W. Irving Park, 773-248-2030) along with the motto "Don't ask, just Eat." The slinger is not only a hangover helper. It's a self-esteem booster. If you finish it, you get a certificate celebrating the accomplishment.

The Slinger is not only alcohol sponge around, and so with St. Patrick's Day around the corner I'm bestowing upon my fellow imbibers a list of the greatest gut-busting hangover cures in Chicago. It should be noted, some of these places are open for brunch on March 18 and others late into the evening on the 17th, so plan your drinking and eating accordingly.

If the Slinger had a child, an unruly teenager at that, it would be **Brand BBQ's** (2824 W. Armitage, 773-687-8148) Brandeursym, a foot and a half of French bread loaded with gooey mac and cheese, a pile of smoked brisket burnt ends, a shower of Gouda cheese, and served with fries and a side

◀ Tocino at Isla Pilipina; 2501 W. Lawrence. | TOM CRUZE-SUN-TIMES PHOTO