



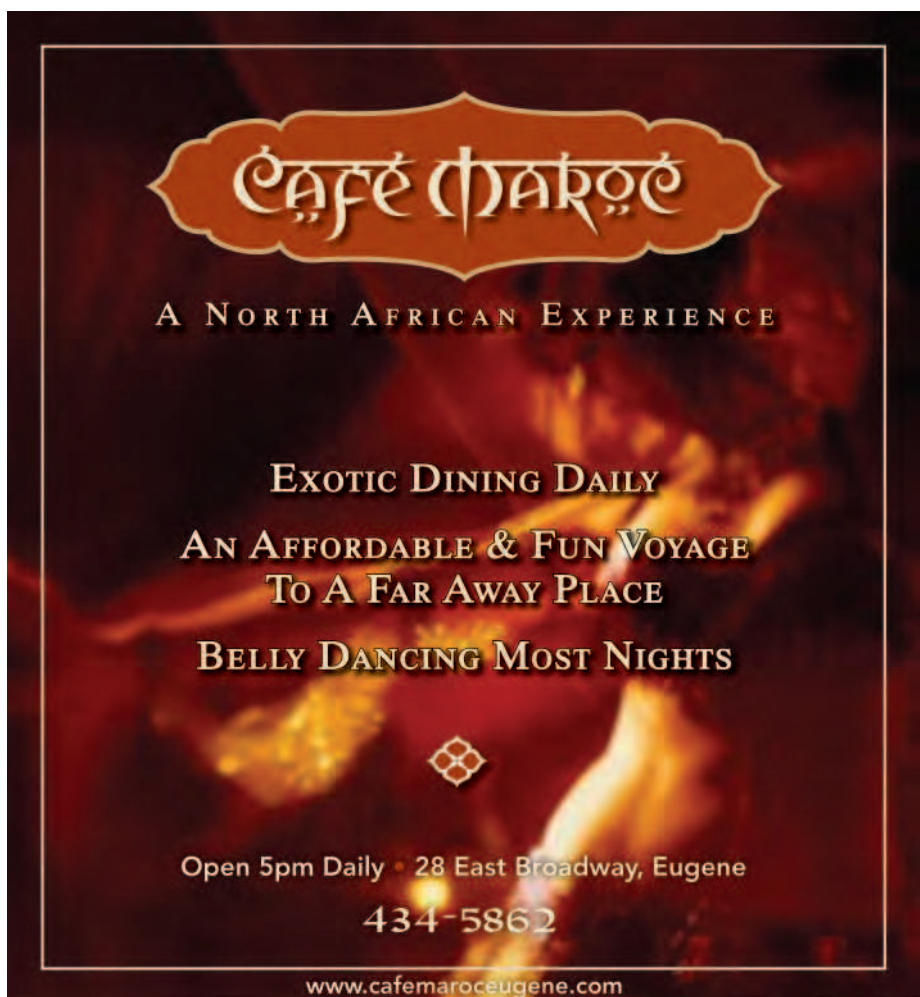
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Betty Crocker Easy Flow Decorating Icing



The Lazy Ass's Guide to Spray Cooking

BECAUSE EATING SHOULD BE AS EASY AS SHAVING

STORY AND PHOTOS BY CHUCK ADAMS

My friends and I, we're lazy bitches. Grocery shopping is a monthly chore; fixing up a meal of some nutritional value usually requires divine intervention. We have all the fixings for burgers in our fridge but still we ask each other "Wanna drive over to Mickey D's?" Convenience is our hero and raw foods our bane.

So we nearly wet ourselves after reading an article at *Time* magazine's website called "High-Pressure Boom." Apparently Du Pont is developing a new liquid gas called Freon C-318 that "will bring a vast expansion of the aerosol industry by making possible a big new pantry of liquid-gas-dispensed foods such as frostings, sandwich spreads, sauces and syrups." Our wet dream ended when we read the date stamp on the article: 1958.

Fifty years later, a ban on CFCs (damn ozone layer!) and a few Slow Food uprisings and we have only a couple of food groups left at our disposal: frostings, cheeses, whipped creams and — here's a new one — *organic* pancake/waffle batter. Over the course of a summer week we tried these spray foods on for size.

First, we baked some sugar cookies at home. Being the lazy bums we are, we used cheap, store-bought mix — the kind that only requires the addition of one egg and a stick of butter (melted for 20 seconds in the microwave). We didn't use cookie cutters. We don't own cookie cutters. We like our cookies oval-shaped, anyway.

For frosting, we used **Betty Crocker Easy Flow Decorating Icing** (blue-colored). This product comes with at least three different nozzles: star-shaped, flat and, our favorite, tapeworm. We drew sloppy circles on the cookies to compare texture. Being monsters of excess, we heaped the icing on the cookies until there was more frosting than cookie. The creation looked like a brain, but it didn't take much brains to prepare or eat these gooey cookie creations. No, the true test of our brains would come over the weekend, when we'd go camping along one of Oregon's many wild and scenic rivers armed with the makings of a perfect, no-mess breakfast: **Batter Blaster**, PAM cooking spray, sausage links, maple syrup, **Easy Cheese** and **Reddi-Whip**.

Breakfast in the car-camping backcountry can be less than perfect, but with enough butter, grease and cooking spray, pretty much any food will slide down the hatch. Luckily, we were riverside with an ice-chilled Batter Blaster in hand. No mixing bowls, rotten eggs, heavy flour or elbow grease necessary. We shook the canister and then, when the griddle sizzled, unleashed a torrent of organic pancake mixture. The batter rose just a bit, bubbling at the edges as we stood in awe. Too much awe, apparently, as we burnt the first cake. But the second, and the third, and the fourth ... golden-brown griddle sensations! With a splash of maple syrup, a squirt of Reddi-Whip and a side of sausage with a heavy stream of Easy Cheese, our breakfast was complete. ■

Batter Blaster can be found at Kiva, Cappella and local Market of Choice and Fred Meyer outlets. Betty Crocker Decorating Icing, Easy Cheese and Reddi-Whip can be found at most major outlets and camp stores.

