

Kentucky Recipes

Derby Pie

Ingredients:

1 (9-inch) unbaked frozen pie shell
3 ounces bittersweet chocolate, chopped fine
8 tablespoons (1 stick) butter, cut into 8 pieces
3 tablespoons bourbon
 $\frac{3}{4}$ cup granulated sugar
 $\frac{1}{2}$ cup packed light brown sugar
2 tablespoons cornstarch
 $\frac{1}{2}$ teaspoon salt
2 large eggs plus 1 yolk, lightly beaten
1 teaspoon vanilla extract
1 $\frac{1}{2}$ cups pecans, chopped



Directions:

Bake frozen pie crust in 375°F oven for 15-20 minutes. Remove pie from oven and reduce oven temperature to 325°F. Sprinkle chocolate over bottom of hot crust. Let sit 5 minutes and then spread chocolate into even layer.

Melt butter in small saucepan over medium-low heat. Cook, stirring constantly, until butter is nutty brown, 5 to 7 minutes. Off heat, slowly stir in bourbon and let cool 5 minutes.

Whisk granulated sugar, brown sugar, cornstarch, and salt in large bowl until combined. Add eggs, yolk, and vanilla, whisking until smooth. Slowly whisk in warm butter mixture until incorporated. Stir in pecans and pour filling into chocolate-lined crust. Bake until filling is puffed, about 35 to 40 minutes. Cool on wire rack 4 hours.

Hot Brown

Ingredients:

1 ½ tablespoons butter
1 ½ tablespoons flour
1 ½ cups heavy cream
¼ cup Romano cheese, plus extra for garnish
Pinch of ground nutmeg
Salt and pepper
14 ounces sliced roasted turkey breast, sliced thick
4 slices of Texas toast (crusts trimmed)
4 slices of bacon, cooked crispy
2 Roma tomatoes, sliced in half
Paprika
Parsley

Directions:

In a 2-quart saucepan, melt butter and slowly whisk in flour until combined to form a roux. Continue to cook roux for 2 minutes over medium-low heat, stirring frequently. Whisk heavy cream into the roux and cook over medium heat until the cream begins to simmer, about 2-3 minutes. Remove sauce from heat and slowly whisk in Romano cheese until the sauce is smooth. Add nutmeg, salt and pepper to taste.

For each Hot Brown, place 1 slice of toast in an oven safe dish and cover with 7 ounces turkey. Take the 2 halves of Roma tomato and 2 toast points and set them alongside the base of turkey and toast. Pour half of the sauce over the dish, completely covering it. Sprinkle with additional cheese.

Place entire dish under a broiler until cheese begins to brown and bubble. Remove and cross 2 pieces of crispy bacon on top. Sprinkle with paprika and parsley and serve immediately.

Kentucky Spoon Bread

Ingredients:

4 cups milk
1 cup cornmeal
3 teaspoons sugar
1 teaspoon salt
½ teaspoon baking powder
2 tablespoons butter
3 eggs, separated



Directions:

In a large saucepan, heat 3 cups milk over medium heat until bubbles form around sides of pan.

Meanwhile, in a small bowl, combine the cornmeal, sugar, salt, and remaining milk until smooth. Slowly whisk cornmeal mixture into hot milk. Cook and stir until mixture comes to a boil. Reduce heat; simmer for 5 minutes, stirring constantly.
Remove from the heat.

Sprinkle baking powder over cornmeal mixture, then stir it in with the butter. In a small bowl, beat egg yolks; stir in a small amount of hot cornmeal mixture. Return all to the pan and mix well.

In a small bowl, beat egg whites until stiff peaks form. Fold a ¼ of the egg whites into the cornmeal mixture. Fold in remaining egg whites until blended. Transfer to a greased 2 ½-quart baking dish. Bake, uncovered, at 350° F for 40-45 minutes or until and golden brown.

Bourbon Balls

Ingredients:

1 cup pecans
¾ cup bourbon, divided
2 cups Nilla Wafers crumbs
½ cup Dutch-process cocoa powder, divided
½ cup confectioners' sugar, divided
¼ cup light corn syrup



Directions:

In a small bowl, combine the pecans and ¼ cup of the bourbon. Cover with plastic wrap and let sit until the pecans have absorbed some of the bourbon, 2 to 3 hours. Drain and reserve the bourbon.

Heat the oven to 325° F. Spread the pecans onto a baking sheet and bake until lightly toasted, 12 to 15 minutes. Let the nuts cool, and then finely chop and set aside. In a large mixing bowl, combine the chopped pecans, remaining bourbon, Nilla Wafers crumbs, ¼ cup cocoa powder, ¼ cup confectioners' sugar, and the corn syrup. Stir until smooth.

Using a heaping tablespoon portion, roll dough into ¾" balls.

In a separate bowl, combine the remaining cocoa powder and confectioners' sugar and coat each ball in the cocoa sugar. Transfer the bourbon balls to a parchment-lined rimmed baking sheet. Cover and chill for at least 2 hours or until firm.

Kentucky Bourbon Barbecue Sauce

Ingredients:

½ cup Kentucky bourbon
2 cups ketchup
¾ cup brown sugar
½ cup cider vinegar
½ cup pineapple juice
2 teaspoons Worcestershire sauce
1 tablespoon molasses
½ teaspoon black pepper
1 teaspoon salt, or to taste
½ teaspoon hot sauce



Directions:

Combine all ingredients in a saucepan and bring to a simmer on medium-low heat. Cook, stirring occasionally, for about 10 minutes, or until the sauce reaches desired thickness. When cooled, taste and adjust seasoning.

Burgoo

Ingredients:

2 pounds beef round or shank, flank steak, or skirt steak, cut into a 1" dice
1 pound lamb shank, shoulder, or flank, cut into 1" dice
1 (4 ½ -5 pound) chicken, quartered and skinned
2 tablespoons kosher salt, plus more to taste
1 tablespoon, plus 1 teaspoon freshly ground black pepper
4 slices thick-cut bacon, diced
6 serrano chiles, stems trimmed, slit down their sides, seeded, and flattened
2 cups full-bodied red wine
6 cups beef or chicken broth
4 cups cold water
½ pound dried great northern beans, small lima beans, or butterbeans
4 medium potatoes peeled and cut into 1" dice
4 medium yellow onions, chopped
2 large carrots, finely diced
1 ½ cups fresh corn kernels
1 (10-ounce) package defrosted frozen sliced okra
3 cups chopped fresh tomatoes
2 ½ cups canned crushed tomatoes and juice
1 ½ cups chopped fresh flat-leaf parsley
1 small lemon, thinly sliced
5 cloves fresh garlic, peeled and crushed

Directions:

Season the beef, lamb, and chicken all over with 1 tablespoon salt and 2 teaspoons black pepper. Scatter the diced bacon in an 8-quart stockpot or Dutch oven over medium heat. With a slotted spoon, move the pieces around until the bacon is firm and just golden brown, about 3 minutes. Transfer to a large bowl with the slotted spoon.

Pour off and reserve all but 2 tablespoons of the fat from the pot and return it to the burner. Add the chiles and gently toast until they release some of their fragrance, about 30 seconds on each side. With tongs, remove and reserve in the bowl with the bacon.

Add the beef to the pot in batches, taking care not to crowd the pan, and sear, turning the pieces with tongs as each side becomes golden brown, until all the beef has browned. Add reserved bacon fat by teaspoons if the bottom of the pot becomes dry. Transfer the beef to the bowl with the bacon and chiles.

Using the same technique, brown the lamb and then the chicken, transferring both to the same large bowl when they are browned.

Add the wine to the pot. With a wooden spoon, stir in tight circles, scraping up the flavorful browned bits from the bottom. Bring the wine to a boil and boil until it has reduced by one quarter, about 6 minutes.

Add the broth, water, beans, and reserved beef, lamb, chicken, bacon, and chiles to the pot and cover. Bring to a simmer and then turn the heat to low, cover, and simmer vigorously for 1 ½ hours, until the beans are tender, and the stew base is a meaty, concentrated stock.

Add the potatoes, onions, carrots, corn, okra, bell peppers, tomatoes, and the remaining 1 tablespoon salt and 2 teaspoons black pepper. Return to a simmer. Turn the heat to low, uncover, and simmer gently, stirring occasionally to meld the flavors, for 30 minutes, or until the potatoes can be easily pierced with a fork. Turn off the heat, stir in the parsley, lemon, and garlic, and season to taste with salt and pepper.