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## SAMPLE RECIPES—JUST A FEW MILES SOUTH

### FROM “CHAPTER 1: BREAKFAST”

#### **Ouita’s Sardou Panini**

Eggs Sardou is a classic Creole dish created in New Orleans. It is named for a famous dramatist, Victorien Sardou, who visited the Big Easy in the early 1900s. This decadent dish is believed to have originated at Antoine’s, with poached eggs, hollandaise sauce, artichoke bottoms, truffles, ham, and anchovies.

Years ago, I had a side job as a consultant to a major restaurant chain. One of the recipes I developed for the chain was the Sardou Panini, but the restaurant rejected it. It has become one of Wallace Station’s most popular sandwiches—the customers love it. Here is a simplified reimagining of the dish, which makes an inspired vegetarian breakfast sandwich.

- 8 slices white or whole wheat bread
- 1 cup Spinach Artichoke Spread (recipe follows)
- $\frac{3}{4}$  cup Hollandaise Butter (see later in this chapter)
- 6 large eggs, beaten
- Canola oil for cooking eggs
- Butter oil for grilling (equal parts melted butter and canola oil)

For each sandwich, lay out 2 slices of bread. Cover 1 slice with 3–4 tablespoons Spinach Artichoke Spread and the other with 2 tablespoons Hollandaise Butter. Set aside.

Heat an 8-inch nonstick skillet over medium-low heat. Add a small amount of canola oil and swirl to cover the bottom of the pan. Pour in one-quarter of the egg mixture and cook as a small omelet, just until set. Slide out the omelet and place it on the bread slice with the Spinach Artichoke Spread. Cover with the remaining slice of bread. Brush the bread with butter oil and place in a nonstick skillet or griddle over medium-high heat. Brown on both sides and serve warm.

- Repeat with remaining ingredients.
- Serves 4.

#### **Spinach Artichoke Spread**

- 1 tablespoon heavy cream
- 2 teaspoons unsalted butter, softened
- 1 (8-ounce) package cream cheese, softened
- $\frac{1}{2}$  cup mayonnaise
- 1 teaspoon minced garlic
- 1 (10-ounce) box frozen chopped spinach, thawed and squeezed dry
- 1 (14-ounce) can artichoke hearts (in water), drained and chopped
- $\frac{3}{4}$  cup shredded Parmesan cheese
- $\frac{1}{4}$  teaspoon kosher salt
- Pinch cayenne pepper
- $\frac{1}{4}$  teaspoon ground sage
- $\frac{1}{4}$  teaspoon white pepper

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Place cream, butter, cream cheese, mayonnaise, and minced garlic in the bowl of an electric mixer. Mix on medium until well blended. Add remaining ingredients and mix briefly. Artichoke hearts should still be slightly chunky. Taste for seasoning. Use immediately or chill. Leftover Spinach Artichoke Spread can be used as a baked dip, topped with a generous sprinkle of Parmesan cheese.

Makes about 1 quart.

### FROM “CHAPTER 5: BURGERS”

#### **Big Brown Burger**

In 2009, Guy Fieri and his *Diners, Drive-Ins and Dives* television crew visited Wallace Station to tape an episode that aired March 20, 2010, on the Food Network (it can still be seen in reruns). He tried the fried chicken and the Big Brown Burger, which he rated as “one of his top 5 burgers of all time.” The Big Brown continues to be the most popular choice for first-timers at Wallace Station.

- 4 sturdy hamburger buns
- 4 (6-ounce) burger patties
- Salt and pepper for seasoning
- 1 cup White Cheddar Mornay Sauce (see index)
- 4 slices city ham
- 8 slices bacon, cooked until crisp
- 8 tomato slices

Cook burgers on a grill or in a skillet to the desired temperature, seasoning with salt and pepper.

For each burger: While burgers are cooking, lay out a hamburger bun and cover both sides with 2 tablespoons Mornay sauce. Cover one side with 1 ham slice and the other side with 2 strips bacon. Warm both sides in a skillet, meat side down, until Mornay sauce melts. To the bottom half of the bun, add a burger and 2 tomato slices. Cover with the bun top and serve immediately.

Repeat with remaining ingredients.

Serves 4.

### FROM “CHAPTER 6: SOUPS, STEWS, AND SALADS”

#### **Wallace Station Burgoo**

This recipe was inspired by my friend and burgoo master Rick Caudle of Midway, who was featured in the 2008 documentary *Burgoo! Legendary Stew of the South*. This is not a “chef” recipe; it is a down-home, authentic burgoo. I have cooked deconstructed burgoos with squab, lamb, beef, and demi-glace, but I love Rick’s version the best. His burgoo, which he learned to make from legendary “Burgoo King” Jim Conway of Frankfort, Kentucky, is simple and well seasoned—just meats and vegetables cooked together over low heat for a long time until they

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melt into each other. I've seen pictures of burgoos online, and here's a hint: If the burgoo looks really pretty in a bowl, it's not authentic. You want all the ingredients to simmer down to one good-tasting blend.

Rick Caudle's burgoo roots are deep. In the 1930s, his uncle Frank Watts would invite his male friends to camp at the Kentucky River for a week of fishing and probably bourbon drinking. On the last day, they'd make a burgoo. Jim Conway picked up the tradition when he returned from the service in 1947 or 1948. Jim, Rick's dad, Shirley Caudle, and his uncle Jub Caudle would make a burgoo in the fall after housing tobacco. They took a lard can, lit a fire under an old beech tree, and started a burgoo friendship that continues in their families to this day. They cooked burgoos at the distilleries along Glenn's Creek, including Labrot and Graham (now Woodford Reserve) and the Crow's Nest at Old Crow. Eventually, they moved their burgoo cooking to Rick's camp called Seven Creeks.

After Rick returned from serving in the US Navy, he graduated from eating the stew to learning how to make it from Jim Conway. Until Jim's death in 2001, he and Rick prepared burgoos for the annual VFW Fourth of July celebration, the 200th anniversary of the Kentucky capitol, and, since 1981, the annual Millville Hillbilly Daze. Rick's cousin Tony Wash is his helper these days. They still go to Seven Creeks every year with their buddies, continuing a decades-long tradition of fishing and cooking a camp burgoo the old-fashioned way: in a cast-iron kettle over a wood fire with fresh-caught game.

Rick's burgoo follows Jim's traditional recipe, which yields about 25 gallons. At camp, Rick uses squirrel, rabbit, dove breast, and venison in his burgoo. When he makes burgoo for groups in town, he leaves out the game and cooks over propane. He calls it "CityGoo."

2–3 pounds chicken leg quarters

1 quart chicken broth

3–4 pounds beef chuck roast, cut into stew-size pieces, about 1 inch

3–4 pounds pork shoulder or butt, cut into stew-size pieces, about 1 inch

2–3 quarts water or chicken broth

1 cup dried great northern beans, soaked at least 1 hour

1 cup green beans, cut into 1-inch pieces (fresh or canned)

2 large russet potatoes, peeled and diced

1 cup small-diced onion

1 cup small-diced carrot

½ cup small-diced celery

1 cup small-diced turnip

1 cup frozen peas

1 cup corn (fresh or frozen)

1 (14½-ounce) can diced tomatoes

2 cups tomato vegetable juice cocktail

½ cup mild steak sauce

¼–½ cup hot pepper sauce

½ cup Worcestershire sauce

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Salt and pepper to taste

Cover chicken in chicken broth and simmer until tender, 45 minutes or longer, depending on size. Reserve the broth, pull the meat from the bones, and set aside in the refrigerator.

Add beef and pork to a large, heavy-bottomed kettle (at least 8 quarts). Cover with water or broth and bring to a simmer, skimming any foam that forms on the surface. Simmer over low heat 1 hour or until the meat is fairly tender.

Add soaked great northern beans and green beans and continue to simmer for another hour.

Add chicken meat and reserved chicken broth. Add vegetables and tomato vegetable juice cocktail, steak sauce, and hot sauce. Simmer another 1½–2 hours. Keep the heat low, and stir now and then to prevent sticking, adding scant amounts of water or broth as needed. The vegetables and meat should cook into each other, forming a thick mixture. Add Worcestershire sauce and salt and pepper to taste.

Makes almost 2 gallons. Serves 16–20.

Burgoo can also be finished in a slow cooker. Mix the cooked chicken and meats and the vegetables and seasonings in a large bowl and then pour into an 8-quart slow cooker or two 4- to 6-quart slow cookers. Add enough reserved broth to cover three-quarters of the vegetables and simmer on low 6–8 hours or until the vegetables are tender. Season with salt to taste.

### FROM “CHAPTER 7: BROWNIES, BARS, AND COOKIES”

#### **Danger Brownies**

Stella Parks made the first Danger Brownie, which included a bourbon truffle on top and contained almost a pound of chocolate. Over the years, we have tinkered with her recipe to make it more economical, but the first version was legendary. Customers have said that it can take them two days to finish a Danger Brownie—eating one little square at a time.

I met Stella Parks when she was a high school student with a passion for cooking and especially baking. Her mom and dad brought her to Holly Hill Inn for dinner on special occasions. Stella’s graduation from the Culinary Institute of America (Chris’s and my alma mater) coincided with the opening of Wallace Station in July 2003, and she became our first pastry chef. At the time, she was obsessed with chocolate—hence the Danger Brownie. Stella went on to become a very successful pastry chef and created a blog called *BraveTart*. Her best-selling cookbook, *BraveTart: Iconic American Desserts*, won the James Beard Foundation’s Book Award for Baking and Desserts in 2018. I have always been proud that some of her early work was at Wallace Station.

#### Brownie

6 ounces bittersweet chocolate chunks  
1 cup (2 sticks) plus 2 tablespoons unsalted butter  
1½ cups sugar  
4 large eggs

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1½ teaspoons pure vanilla extract  
½ cup unsweetened cocoa powder  
1 cup all-purpose flour  
1 cup chopped toasted English walnuts (see note below)

### Frosting

8 ounces semisweet chocolate chips  
½ cup heavy whipping cream  
¾–1 cup sifted powdered sugar

Preheat oven to 350 degrees F. Prepare a 13-by-9-inch pan with nonstick spray.

Melt bittersweet chocolate and butter in a small saucepan over low heat and stir until smooth. Remove from heat and let cool.

Pour cooled chocolate mixture into a large bowl. By hand, stir in sugar, eggs, and vanilla. Blend well. Sift cocoa and flour together and add slowly to the chocolate mixture, stirring until incorporated. Fold in toasted walnuts.

Pour batter into the prepared pan and level with a spatula. Bake 30–35 minutes. Do not overbake—these brownies are fudgy and dense. Brownies should begin to pull away from the sides of the pan at the top and should be firm to the touch but not solid. Remove from the oven and cool to room temperature.

While brownies are cooling, prepare the frosting. Heat chocolate chips and whipping cream together in a small saucepan and whisk until smooth. Beat in powdered sugar until the mixture is spreadable. Pour over cooled brownies and smooth with a spatula. Cool completely and cut into 24 squares.

Note: To toast nuts, spread them in a single layer on a baking sheet. Bake at 350 degrees F for 8–12 minutes, shaking halfway through to stir. The nuts should be light brown and sweetly aromatic. Cool before adding to the recipe.