



A Day at the Races

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Kentucky Mint Juleps



Ingredients

4 cups sugar, 2 cups water, 1 ounce (1 bunch) mint leaves, plus another additional bunch for serving, Kentucky bourbon (such as Maker's Mark), crushed ice.

Directions

Stir sugar and water in a heavy medium saucepan over medium heat until sugar dissolves. Bring to a boil. Reduce heat to simmer gently for 10 minutes.

Place 1 ounce fresh mint leaves into large bowl; pour hot syrup over leaves. Let cool to room temperature, then cover and refrigerate overnight.

Using a slotted spoon, remove mint leaves from syrup and discard mint. Pour mint syrup into large pitcher. Cover and refrigerate until ready to serve.

Set out pitcher of mint syrup, bourbon, and crushed ice. Arrange additional mint sprigs in a bud vase with water to keep them fresh. Allow guests to assemble their own cocktails, adjusting measurements to suit their own preferences. In general, fill glasses with crushed ice and add approximately $\frac{1}{4}$ cup bourbon and 2 tablespoons mint syrup, then add as many mint leaves as desired and stir to combine. Garnish with a sprig of mint and ENJOY!

Serves 12

Sweet Corn and Black-eyed Pea Salsa

- 1 14oz. can blackeyed peas, drained
- 1 10oz. can corn, shoepeg white corn, drained
- 1 small jar chopped pimentos
- 1 green pepper , chopped
- 1 vidalia onion, chopped
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup vinegar
- $\frac{1}{2}$ cup vegetable oil
- 2T Tiger Sauce

Mix all ingredients, preferably the night before. Serve with tortilla chips.

Kentucky Benedictine Spread

Benedictine is such a versatile spread. Popular in the Bluegrass State of Kentucky for spring Derby parties and brunches, it also serves well as a dip or a base for canapés. Of course, if you are a native to Kentucky, Benedictine is best when spread thick between two slices of white bread for a quick lunch. Most importantly, true Benedictine is never green! Makes about 2 Cups. This Recipe doubles nicely.

Ingredients:

1 Large Cucumber, peeled
1 to 2 tsp. Sea Salt
1 pkg. 8 oz. Cream Cheese, softened
1 Tbls. Dehydrated Onion Flakes
¼ tsp. Ground Red Pepper
½ tsp. Garlic Powder
1 tsp. Worcestershire Sauce

Preparation:

Grate or finely chop cucumber. Toss with salt and allow to drain in a mesh sieve in the refrigerator for at least 2 hours, preferably overnight.

After draining, press salted cucumber with the back of a spoon to remove any additional moisture. In a medium bowl, combine the cucumber and softened cream cheese until well blended and smooth. Stir in onion, pepper, garlic and Worcestershire sauce, and adjust spices to taste. Chill for at least another hour before serving to allow the flavors to mingle.

Fresh, finely minced onion and garlic may be substituted for the dehydrated spices. However, use sparingly, as the flavor can overpower the cucumber.

Invented around the turn of the 20th Century by Jennie Carter Benedict, a caterer and restaurateur in Louisville, Kentucky. Benedict opened her restaurant in 1893. It was there that she invented and originally served Benedictine.

Mint Fruit Salad

- Mango, peeled and cubed
- Green and Red Grapes, sliced in half
- Pineapple, cubed Red Raspberries, sliced in half
- Fresh Mint, finely chopped
- Honey
- Lime

Arrange fruit on platter in individual sections. Sprinkle with finely chopped mint (to taste). Before serving, drizzle with honey and squeeze juice from lime over fruit (to taste). Gently mix fruit before serving. Garnish with sprig of fresh mint.



Asparagus

- 2 ½ cups sliced asparagus (about 1 pound)
- 4 tablespoons unsalted butter
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons chopped fresh parsley
- 2 teaspoons chopped fresh marjoram or ½ teaspoon dried
- Grated zest of 1 lemon
- 2 teaspoons fresh lemon juice

Cook asparagus in boiling water 2 minutes or until crisp-tender. Drain and plunge into ice water, drain. In a large skillet, melt the butter over moderately low heat. Add the asparagus, salt, pepper, parsley, and marjoram. Toss to combine and cook until just heated through and tender. Add the lemon zest and lemon juice and toss to combine.

Yield: 6 servings

Kentucky Hot Browns

- 1 ½ teaspoons finely chopped onion
- 1 ½ tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 1 ½ cups milk
- A pinch of cayenne
- 1 tablespoon dry Sherry
- ¾ cup grated extra-sharp Cheddar
- 4 slices of homemade-type white bread, toasted lightly
- ½ pound cooked turkey breast, sliced thin
- 4 thin slices of tomato
- 8 slices of cooked bacon
- 1 tablespoon freshly grated Parmesan

In a small saucepan cook the onion in the butter over moderately low heat, stirring, until it is softened. Stir in the flour, and cook the *roux*, stirring, for 3 minutes. Remove the pan from the heat and add the milk, scalded, in a stream, whisking vigorously until the mixture is thick and smooth. Add the cayenne and salt and pepper to taste and simmer the sauce, stirring occasionally, for 10 to 15 minutes, or until it is thickened to the desired consistency. Strain the sauce through a fine sieve into a bowl and add the Sherry and Cheddar, stirring until the mixture is smooth.

Arrange the toasts in a baking pan and divide the turkey among them. Top each sandwich with a tomato slice and 2 slices of the bacon. Spoon the sauce evenly over the sandwiches. Sprinkle the sandwiches with the Parmesan and broil them under a preheated broiler about 4 inches from the heat for 5 to 7 minutes, or until the tops are brown and bubbly.

Yield: Serves 4 Gourmet/February 1990



Chocolate - Pecan Pie with Bourbon Whipped Cream

Chocolate chip and pecan pies are a Louisville area favorite, especially around Kentucky Derby time. Serve this delicious pie with a dollop of Bourbon Whipped Cream or your favorite ice cream, and enjoy the races!

Kentucky Chocolate - Pecan Pie

Add a tablespoon of bourbon or a teaspoon of rum flavoring to this pie for a more "spirited" flavor.

- 1 9-inch pie shell, unbaked
- 1 cup semisweet chocolate morsels
- 1 cup chopped pecans or walnuts
- 2 large eggs
- 1/2 cup brown sugar
- 1/2 cup granulated sugar
- 1/2 cup butter, melted (1 stick/4 oz.)
- 1/2 cup all-purpose flour
- Pinch salt
- 1 teaspoon vanilla



Spread chopped nuts over the bottom of the prepared (unbaked) pie shell; sprinkle with chocolate morsels. In a small mixing bowl, whisk eggs. Whisk in sugars, flour, salt, vanilla, and butter. Pour batter evenly over nuts and chocolate chips. Bake in a 325° oven for 35 to 40 minutes.

Bourbon Whipped Cream

- 1 cup chilled whipping cream
- 2 tablespoons brown sugar
- 1/2 teaspoon vanilla
- 1 teaspoon good bourbon (or 1/2 teaspoon rum flavoring)

For best results, chill bowl and beaters. Beat cream until thickened; add sugar and flavoring, then beat until soft peaks form. Cover and refrigerate until ready to use.



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Kentucky Hot Browns with Asparagus
Chocolate-Pecan Pie with Bourbon Whipped Cream

