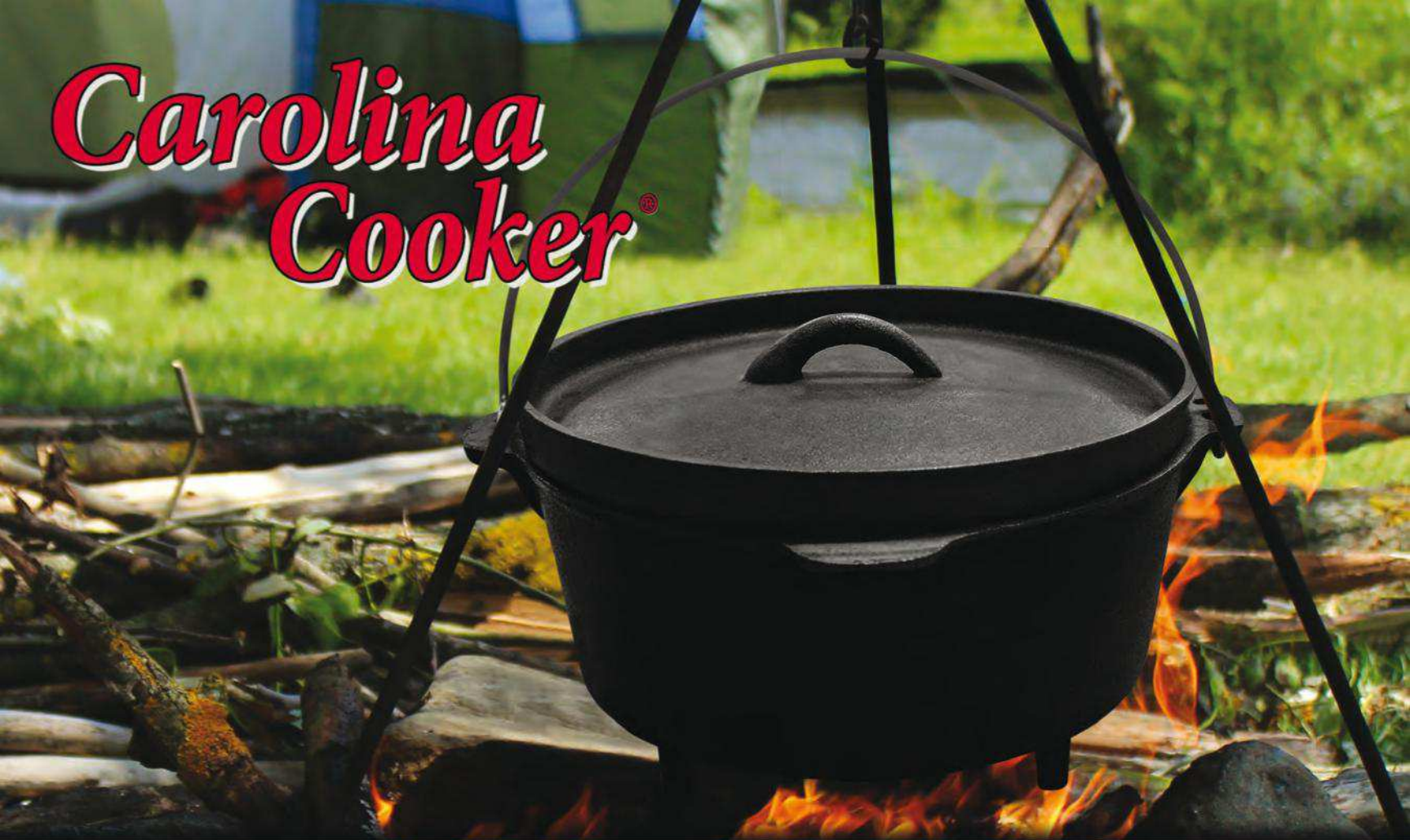


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Very Southern  
recipes and tips

# Southern CAST IRON<sup>®</sup>



SMOKED  
CHICKEN AND  
TARRAGON  
POT PIE, page 46

## CRAVE-WORTHY CHICKEN POT PIE

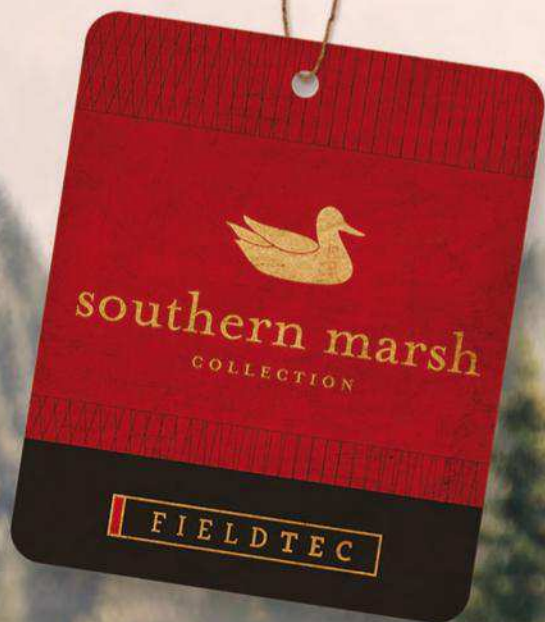
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PHOTOGRAPHY BY JIM BATHIE  
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# Southern CAST IRON®

September/October 2018 Volume 4, Issue 5

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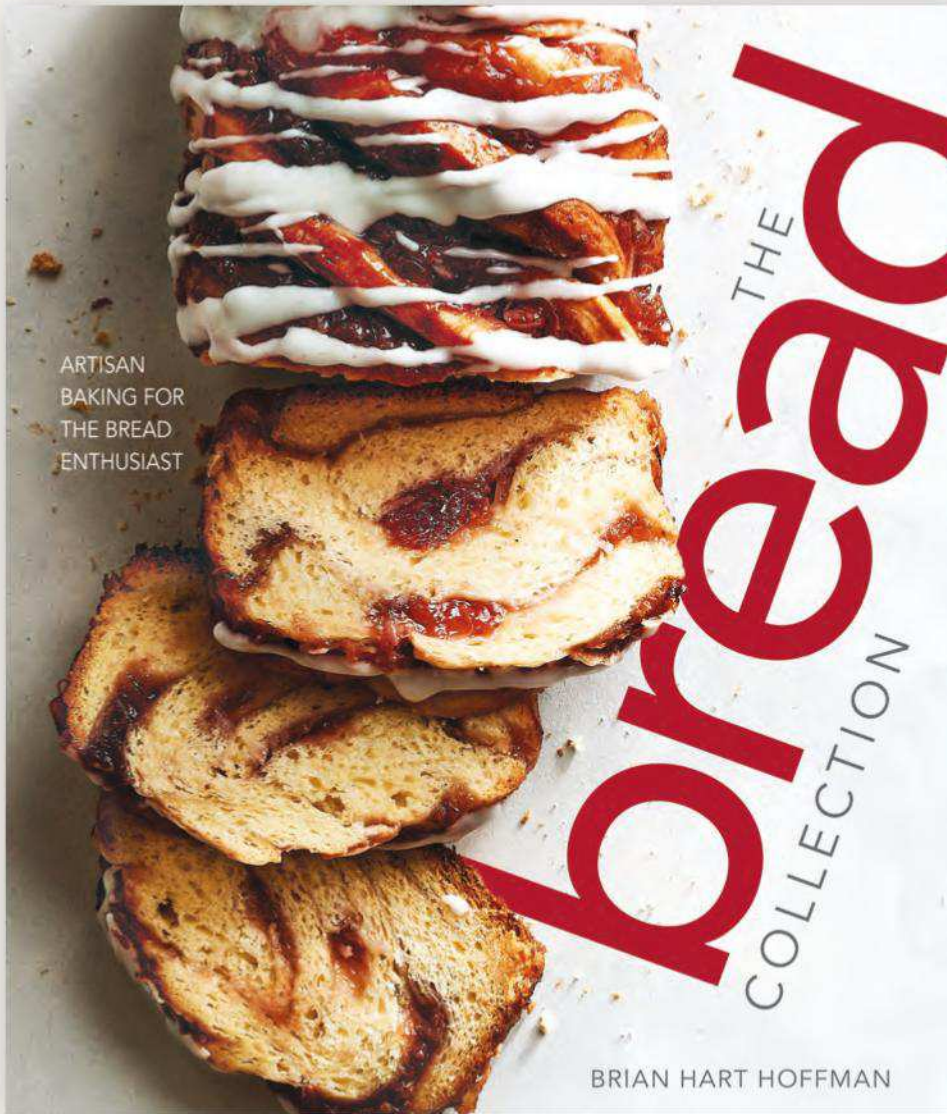
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# MY FIRST CAST IRON

This is my first cast-iron skillet. My maternal grandmother gave it to me when I was 22 years old, just a few months out of college and getting ready to move to a new city to start my career. The skillet was part of a “pounding,” which she explained was an old-fashioned community event to help someone establish a household. (Through my own research, I’ve found this was common practice to welcome a new local pastor or minister, particularly among Quakers and Methodists.) The name came from what the person was traditionally given—a pound of flour, a pound of sugar, a pound of butter, a pound of produce, etc., plus a few pieces of cookware and cleaning products.

My grandmother knew then, like we do now, that a cast-iron skillet is essential. After a few rounds of seasoning, I baked cornbread in it for soup, cooked stir-fries for quick dinners, and made sausage gravy to top biscuits for lazy weekend breakfasts. I certainly put it to good and frequent use in my first apartment, in and out of the kitchen (I confess I used it as a door stop for a few weeks when I first moved in), and have continued to do so in the decades since then.

Versatility is one of the qualities I like most about cast iron, and this issue does a great job of showcasing it. Whether you use one trusty, all-purpose skillet for daily cooking and baking or you have an arsenal of shapes, sizes, and specialty pans, I know you’ll find a fresh batch of recipes to try—after all, our cast iron only gets better and better with each and every use.

Enjoy!

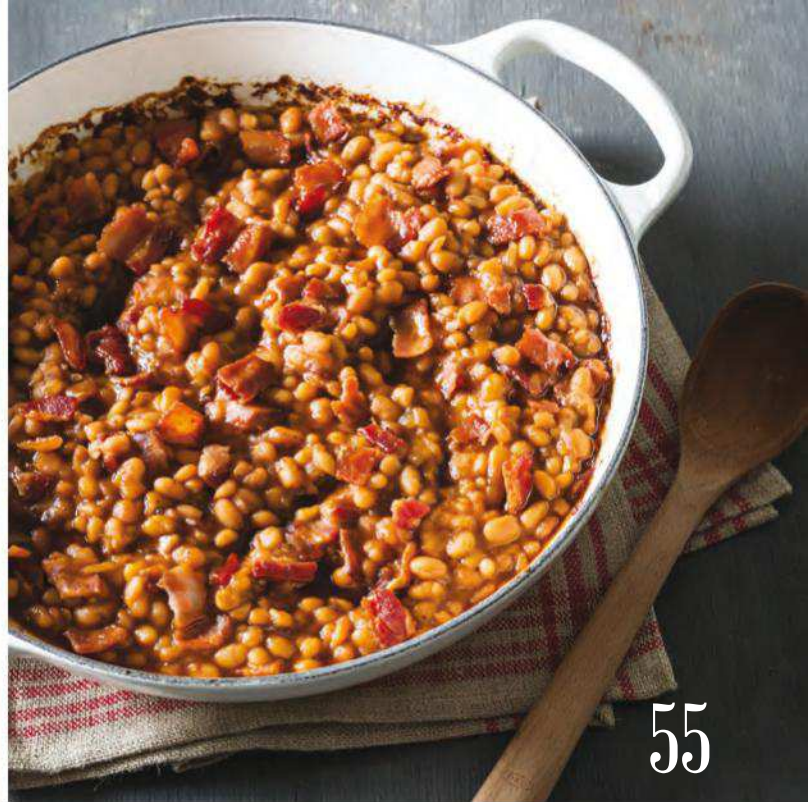
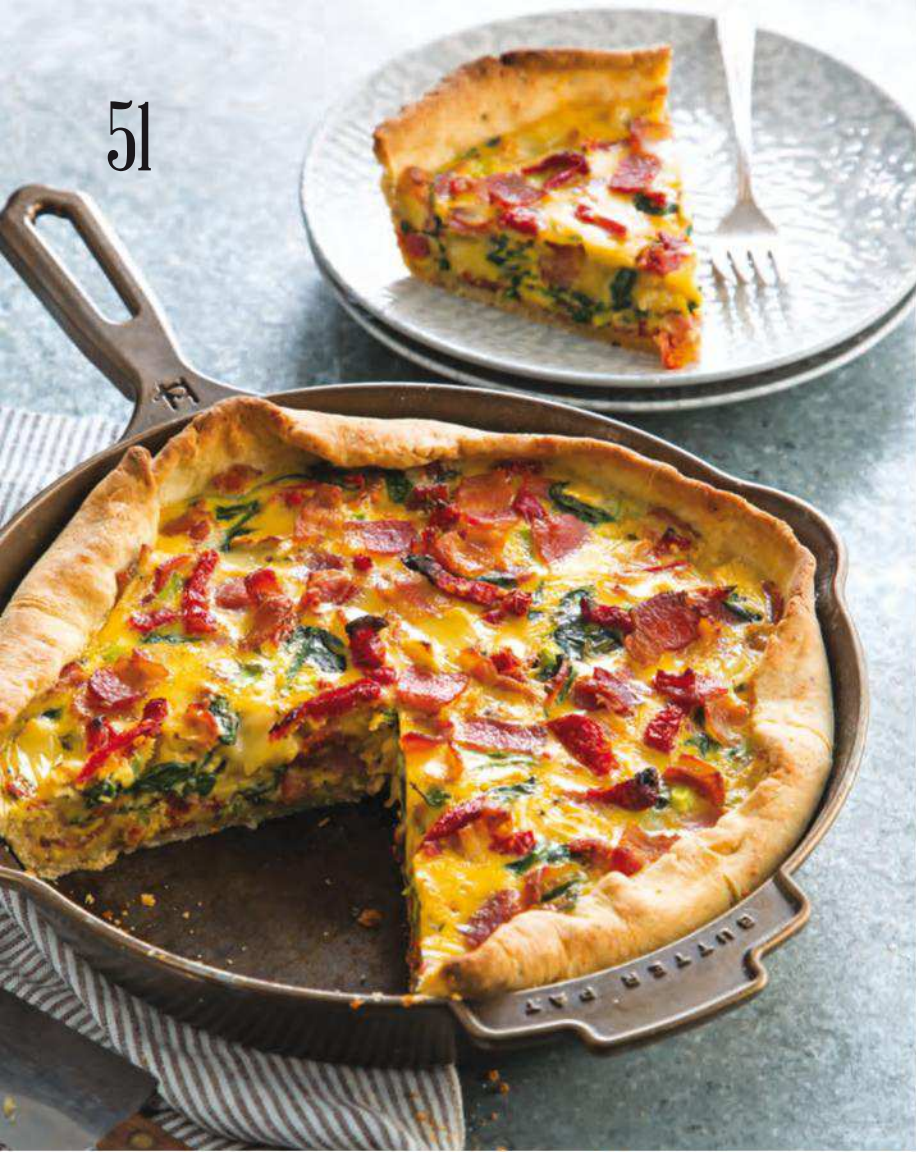


Nancy Meeks  
EDITOR

## *What I've Learned from This Issue:*

- Grits cooked in potlikker are a revelation. **PAGE 35**
- Weekend brunch calls for a slice of savory, potato-crusting goat cheese tart. **PAGE 51**
- Hidden gems await at an annual cast iron collectors' swap meet. **PAGE 61**
- Pat-fold-repeat is the secret to tall, fluffy biscuits. **PAGE 104**

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*Editor's Favorites*

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# 4 WAYS TO USE YOUR DUTCH OVEN

Come fall, there's no better kitchen tool than a heavy-duty cast-iron Dutch oven. From making juicy jams for the cold winter months to baking gorgeous loaves of yeast bread, this versatile vessel does it all.



1

## ROASTING

Craving a tender, fall-apart roast? Look no further than your Dutch oven. Because it can go from stovetop to oven, you can sear the meat for an irresistible caramelized flavor before baking it low and slow.



2

## PRESERVING

Make the most of the season's produce with a batch of homemade Dutch oven jam. From tangy late-summer tomato to warmly spiced apple, you can enjoy these fresh flavors long after their season has passed.

## SIMMERING

From spicy chilis to hearty stews, Dutch ovens keep these soul-warming delights cooking at a consistent temperature to avoid scorched bottoms. As a plus, they'll help keep your soups warmer longer when brought to the table.



3

## BAKING

Because cast-iron Dutch ovens maintain a high and steady heat, they help give rustic loaves of bread a fluffy interior and a golden-brown crust.



4

# TASTES & TOOLS

## PRODUCT SPOTLIGHT

### TOWNSEND PURE CANE SORGHUM

This thick, sweet sorghum has been milled on the same family farm in Jeffersonville, Kentucky, since the late 1800s. Try it with the Sorghum and Chili Roasted Potato Wedges on page 58. \$3.50 for 1 (8-ounce) jar; [townsendsorghummill.com](http://townsendsorghummill.com)



### FINEX DUTCH OVEN

This newly introduced cast-iron Dutch oven features multiple helpful pour spouts thanks to its octagonal shape, and is easy to carry thanks to quick-cooling coiled handles.

Not only can it go from stove top to oven with ease, this piece's thick, sturdy walls mean it cooks at a steady temperature, and holds heat longer. Put it to use with one of our succulent roasts, starting on page 33. \$300; [finexusa.com](http://finexusa.com)



### LODGE ENAMELED CAST IRON & STONEWARE CARE KIT

Equipped with a bottle of cleaner, a pan scraper, a scrub brush, and pot protectors to keep your cookware's finish from chipping, this care kit will make handling your enameled cast iron a breeze. \$26; [lodgemfg.com](http://lodgemfg.com)



### CAROLINA PLANTATION CHARLESTON GOLD RICE

An offspring of the heirloom Carolina Gold rice, this aromatic, South Carolina-harvested rice adds an extra boost of nutty

deliciousness to any meal. It's the perfect base for our rice pudding on page 32. \$9.82 for 1 (2-pound) bag; [carolinaplantationrice.com](http://carolinaplantationrice.com)



## Served in Cast Iron

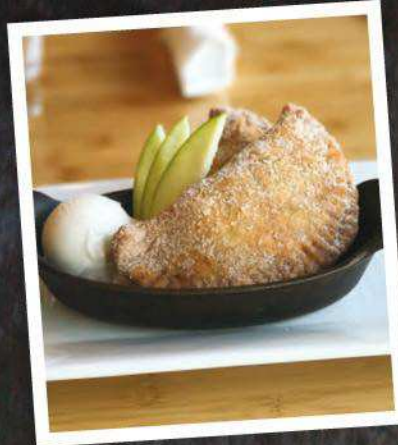


### YARD BIRD SOUTHERN

MIAMI, FLORIDA  
Stuffed with rich, gooey Nutella, these puffy, melt-in-your-mouth beignets are generously dusted with powdered sugar for the perfect finish. [@ybsouthern](https://twitter.com/ybsouthern)

### THE ORDINARY

CHARLESTON, SOUTH CAROLINA  
These gorgeous New Orleans-style barbecue shrimp are a hot item at this Lowcountry mainstay. You'll want an extra piece of bread to soak up all the savory sauce. [@eattheordinary](https://twitter.com/eattheordinary)



### CAFÉ B

METAIRIE, LOUISIANA  
These hand pies are filled with sweet, tender apples, fried to a glorious golden crisp, and sprinkled with sugar for a delicate crunch. This fresh fall treat isn't always on the ever-changing menu, but when it is, folks can't get enough. [@cafebmetairie](https://twitter.com/cafebmetairie)

### HENRIETTA RED

NASHVILLE, TENNESSEE  
Brunch doesn't get any better than this soft-baked monkey bread. Dripping with a creamy orange glaze, this brunch-only dish is definitely worth waking up for. [@henrietta\\_red](https://twitter.com/henrietta_red)



# DINNER'S HONOR ROLL

Perfect for sopping up gravy or slathering with butter

## FLUFFY DINNER ROLLS

Makes 12

*To prep ahead of time, shape the rolls and then refrigerate, covered, overnight. Save the last rise until before dinner by setting the skillet in a warm place to rise until the rolls have doubled in size.*

- ¼ cup warm water (105° to 110°)**
- 1 teaspoon active dry yeast**
- ¾ cup warm whole buttermilk (105° to 110°)**
- 6 tablespoons unsalted butter, melted and divided**
- ¼ cup sugar**
- 4½ cups all-purpose flour, divided**
- 2 large eggs**
- 1½ teaspoons kosher salt**
- Garnish: coarse sea salt**

**FIRST** In a small bowl, stir together ¼ cup warm water and yeast. Let stand until mixture is foamy, about 5 minutes. In another small bowl, whisk together buttermilk, 4 tablespoons melted butter, and sugar.

**NEXT** In the bowl of a stand mixer fitted with the dough hook attachment, beat yeast mixture, buttermilk mixture, 2¼ cups flour, eggs, and salt at medium-low speed until combined, about 2 minutes. Reduce mixer speed to low. Add remaining 2¼ cups flour, ½ cup at a time, beating until a smooth ball forms, about 4 minutes.

**NEXT** Turn out dough onto a lightly floured surface, and knead for 5 minutes. Spray a large bowl with cooking spray. Place dough in bowl, turning to grease top. Cover with plastic wrap, and let rise in a warm (75°), draft-free place until doubled in size, about 1½ hours.

**NEXT** Punch down dough, and turn out onto a lightly floured surface. Divide dough into 12 equal pieces, and shape each piece into a ball. Place in a 12-inch cast-iron skillet. Cover and let rise until doubled in size, about 1½ hours.

**NEXT** Preheat oven to 350°.

**LAST** Bake until golden brown, about 30 minutes, covering with foil to prevent excess browning, if necessary. Let cool for 10 minutes; brush with remaining 2 tablespoons melted butter. Sprinkle with sea salt, if desired. ●



# JESSE HOUSTON

This Magnolia State chef talks balancing vintage and chic

BY GEORGIA CLARKE

Standing at a stove surrounded by the culinary chaos of a restaurant kitchen—dishes flying, waitstaff speeding around corners, and line cooks vigorously chopping—Jesse Houston thrives as long as he has his two greatest comforts: a wooden spoon and his cast-iron skillet. “It just feels right,” says the executive chef and owner of Fine & Dandy in Jackson, Mississippi. “It feels like I’m taking a step back to a slower, simpler time, especially in this fast, high-paced world.”

A Californian by birth who was raised in Dallas, Texas, Jesse didn’t grow up immersed in Southern culture. But this “born-again Southerner,” as he calls himself, was no stranger to the classic culinary tools of Southern-rooted cooking.

“My great-grandmother lived in Marlow, Oklahoma, and she cooked everything in cast iron,” Jesse says. “I remember she used to make this really great fried okra. She would batter the pieces in cornmeal and fry them in a shallow amount of bacon grease in a cast-iron skillet. They would become so crispy and crusty from that bacon fat. I’ve tried, but I’ve never been able to replicate them.”

He enrolled in culinary school in nearby Austin to hone his craft, and after graduation, returned to Dallas, working under renowned chefs like Stephan Pyles, Wolfgang Puck, Matt McCallister, and Tim Byers. When a friend told Jesse he dreamed of moving back to his hometown of Jackson to open his own restaurant, Jesse agreed to become the chef once the restaurant was set in place. About nine months later, he got the call, packed up his life, and moved to the Magnolia State.

“That was the first day I ever stepped foot in Mississippi—the day I moved there,” Jesse laughs. Now, eight years later, with three prominent restaurants and an impressive James Beard Foundation Award nomination under his belt, it’s clear that Jesse made the right move.

At Fine & Dandy, dishes like Jesse’s great-grandmother’s okra are the inspiration behind the menu. “We call it grandma chic,” he says. “They’re foods that people are familiar with and provoke some sort of nostalgia.”

Boasting classic snacks like potato tots fried in beef tallow and topped with crème



fraîche and Mississippi-grown catfish crusted in Cap’n Crunch cereal, it’s clear that Fine & Dandy is forging a new path for Southern food in Jackson.

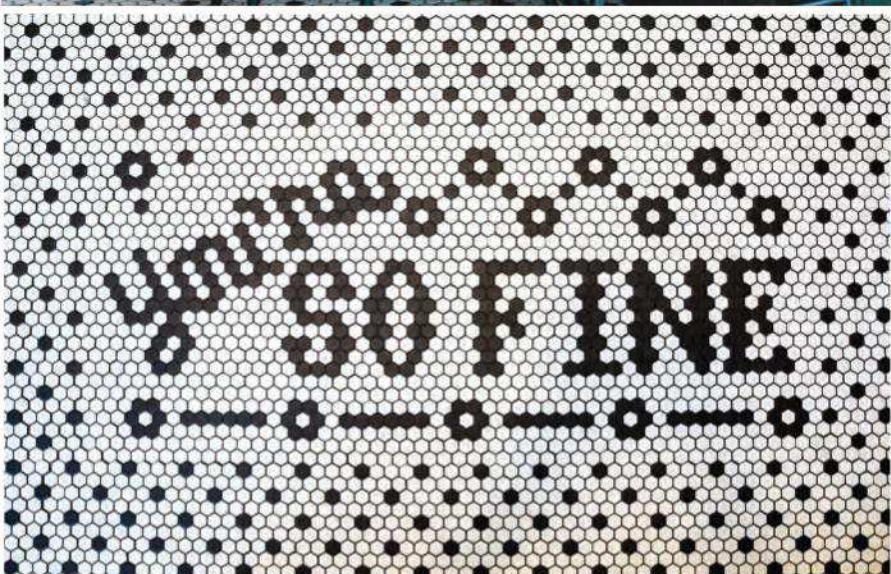
“I hope that people come in for one of our five burgers and get hooked on it, but then see all of these other creative, fun snacks, and they trust us a little bit more to persuade them with other things,” Jesse says. The lamb meatballs, called Party Balls, is one of those creative, wild card dishes. “The idea behind those is the Crock-Pot meatballs you get at house parties, but mixed with a combination of those classic flavors of mint jelly and lamb that you might have found on your grandmother’s table back in the day,” he says. “It’s a throwback dish that tastes familiar, but it’s totally different.”

From the modern architectural design to the vintage-inspired black-and-white-tiled floor to the dinnerware—most every dish is served on a dainty floral plate, like you’d find in your grandmother’s cupboard, or a mini cast-iron skillet—the details are what make Fine & Dandy a stand-apart eatery. But it’s Jesse’s whimsical style of cooking that keeps the crowds coming back for more.

And whether he’s searing a steak at home or cooking for a hungry lunch crowd at the restaurant, cast iron is a key component to his upscale and approachable style of cooking.

“The cast-iron pan I have was passed down to me from my mom, and I cook everything in it,” Jesse says. “I’ve got plenty of stainless steel pans, but almost everything gets cooked in cast iron. It’s all about the even cooking temperature. It holds heat really well, and as long as you take care of it, it’s going to last forever.”





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## LAMB MEATBALLS

Recipe adapted from Chef Jesse Houston,  
*Fine & Dandy*

Makes 20

*The classic lamb and mint combo gets a fun and tasty upgrade in this simple starter.*

- 1 pound ground lamb
- ½ cup finely ground bacon
- 2 eggs
- ¼ cup panko (Japanese bread crumbs)
- 2 tablespoons diced yellow onion
- 1 tablespoon grated pecorino cheese
- 1½ teaspoons minced garlic

- ¾ teaspoon kosher salt
- ¾ teaspoon minced fresh mint
- ¾ teaspoon minced fresh parsley
- ¾ teaspoon crushed red pepper
- ½ teaspoon minced jalapeño
- 2 tablespoons canola oil
- 6 ounces lamb or beef stock
- ¼ cup fresh or thawed frozen green peas

**Garnish:** mint jelly, pecorino cheese, fresh mint, pickled red onion

**FIRST** In the bowl of a stand mixer fitted with the paddle attachment, combine lamb, bacon, eggs, bread crumbs, onion,

pecorino, garlic, salt, mint, parsley, red pepper, and jalapeño. Mix on low speed until fully combined. Shape mixture into 20 equal-sized meatballs. **NEXT** In a 12-inch cast-iron skillet, heat canola oil over medium heat; cook meatballs until browned on all sides, about 4 minutes per side. Stir in stock and peas, and cook until stock thickens slightly, forming a loose gravy, and peas are tender, 8 to 10 minutes.

**LAST** Serve meatballs with mint jelly, pecorino, fresh mint, and pickled onion. Serve immediately. 🍴

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BATON ROUGE

Game day at Southern is filled with sounds of the prestigious and highly acclaimed band, the Human Jukebox, and sights of the colorful uniforms and talented dancers. The Human Jukebox has been ranked as one of the top bands in the nation by ESPN, *Time*, and *USA Today*. Southern is also known for its friendly fans, the Jaguar Nation, who gather together before games to grill and catch up with friends. The beautiful campus sits right on Scott's Bluff overlooking the banks of the Mississippi River, near the replica of "the red stick" that gives Baton Rouge its name. Each Thanksgiving, the Jaguars play rival Grambling State University in the Bayou Classic at the Mercedes-Benz Superdome in New Orleans.



## UNIVERSITY OF LOUISIANA AT LAFAYETTE

LAFAYETTE

Ragin' Cajuns fans are gaining recognition as some of the best fans and champion tailgaters in the world. Their Cajun heritage is one of love for music, food, fun, and good people, so it's no surprise that the parking lots around Cajun Field on game days are one giant party. Each tent or RV is decorated from top to bottom in red and white. Mouthwatering smells are in the air from grills and barbecue pits filled with chicken, sausage, boudin, and just about any kind of meat you can imagine. When the weather gets cool, somebody is sure to do a big gumbo. As the game nears, you can find fans lining up to see football players in the Cajun Walk, dancing to live music at the Oak Tree Stage near the south end zone, or eagerly awaiting the band and cheerleaders during the Ragin' March Parade.



### SCHOOL COLORS

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**LA TECH**  
BLUE AND RED

**LSU**  
PURPLE AND GOLD

**SOUTHERN**  
GOLD AND COLUMBIA BLUE

**UL MONROE**  
MAROON AND GOLD

## LSU

BATON ROUGE

LSU has been named repeatedly, by publications like *Sports Illustrated* and *USA Today*, as the number one tailgating school in the nation. The festivities begin on Friday night and continue until well after the game is over Saturday night. Many fans gather on campus to cook traditional Cajun foods, while others opt for some form of cooking the opponent (meaning, if they're playing Florida, then alligator is on the menu). Drinks and cheers flow among a sea of purple and gold. While on campus, be sure to visit Mike the Tiger, the LSU Parade Ground, and Victory Hill to see the Golden Band from Tigerland march into Tiger Stadium. At game time, the crowd eagerly awaits the voice of Dan Borné to announce, "The sun has set in the western sky, and it's Saturday night in Death Valley."



## SCHOOL MASCOTS

UL LAFAYETTE RAGIN' CAJUNS

LA TECH BULLDOGS

LSU TIGERS

SOUTHERN JAGUARS

UL MONROE WARHAWKS

## LA TECH

RUSTON

Tailgating begins the Friday night before home football games in downtown Ruston. Rock the Railroad concert series hosts a pep rally in Railroad Park followed by live music, drinks, food, and a chance for all fans to celebrate the Bulldogs! On game day, Bulldog Village is the hub of LA Tech tailgating, with live entertainment and fan-favorite activities. One of the most picturesque locations, Hideaway Park is made up of student groups and families looking for a shaded area and scenic view. Before the game starts, the band and cheerleaders lead the team through Tailgate Alley and Bulldog Village, as they're greeted by cheering fans.

## UNIVERSITY OF LOUISIANA AT MONROE

MONROE

The Grove is the prime tailgating scene for ULM on football game days. Located just south of Malone Stadium, hundreds of ULM students, alumni, and supporters gather with good friends and great food to enjoy ULM football. The annual chili cook-off, a longstanding tradition, leads up to ULM's final home football game of the season. Before each game, the football team is led through the Grove, shaking hands with fans during the Hawk Walk. In the early '90s, The Sound of Today marching band began performing a song titled "Boola, Boola" in the Grove before kickoff. During the chorus, the crowd locks arms and moves in rhythm with the drumline, yelling, "Boola, Boola!" As the beat gets faster, it's fun to see who can keep up!



# LOUISIANA BLUE CRABS

## NOT TOO CRABBY

Louisiana's Gulf Coast is brimming with beautiful blue crabs. The season is yearlong, but crabs are most plentiful from May to October. Eaten by Native Americans and early European settlers, blue crabs have been a regional favorite for centuries. Today, this succulent variety of crabs, which are Marine Stewardship Council certified, can be used in backyard Cajun boils or served for formal occasions. Whether simmered in a rich seafood gumbo or served atop a light, fresh salad, Louisiana blue crabmeat is always sure to please.



St. Tammany Crab Festival



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LANDED IN THE U.S.  
COME FROM THE  
WATERS OF LOUISIANA.

## THE BENEFITS OF LOUISIANA BLUE CRABS

The meat of blue crabs is rich in nutrients and low in calories. Blue crab has fewer calories than king crab and more iron than either snow crab or Dungeness. An average 3.5 oz. portion of blue crabmeat has half of the USDA daily allowance of protein and only 80 calories. One serving also meets the daily requirement of vitamin B12, which helps promote brain health and prevent anemia.

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LYDIA | SEPTEMBER 7-8

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### ST. TAMMANY CRAB FESTIVAL

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### BRIDGE CITY GUMBO FESTIVAL

BRIDGE CITY | OCTOBER 12-14

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### BUCKTOWN SEAFOOD FESTIVAL

METAIRIE | NOVEMBER 2-4

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Chef Will's Fettuccine Nero, from Meril in New Orleans

### HOW TO STORE LOUISIANA BLUE CRABS

**FRESH:** Blue crabs bought fresh should still be alive. Keep the crabs well-iced in an ice chest until you're ready to cook them.

**FROZEN:** Crabmeat can be frozen for up to two months. Chill the crabmeat; package it in small, moisture-proof, vapor-proof containers and expel any air before sealing. Spread out in the freezer for rapid freezing. Thaw in the refrigerator for a day before using.

**COOKED:** The shelf life of fresh-picked, cooked crabmeat is 10 to 12 days from the packaging date. Once at home, it's best to use it in one or two days.

## CHEF CHAT

**WILL AVELAR**

Meril, New Orleans

### What makes Louisiana blue crabs special?

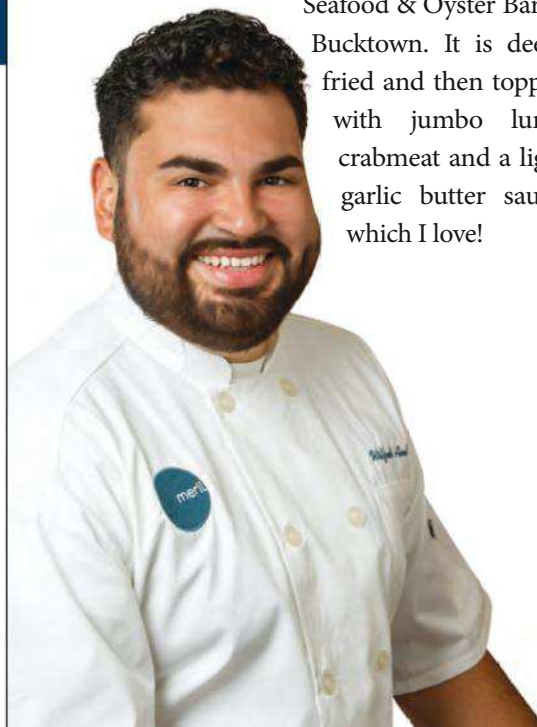
Louisiana crabs are special to me because of the memories I have growing up near Lake Pontchartrain. I remember catching crabs with my friends with just a piece of chicken and a string. Looking back now, I realize how fortunate I was to have the lake basically in my backyard and to be introduced to such an abundance of seafood at such a young age. I look forward to creating these same memories with my children, who now live in the very same home on the lake.

### What is your favorite way to prepare Louisiana blue crabs?

That's a hard one to pinpoint. Local crabs have such versatility that so many dishes come to mind. But currently, my favorite dish with Louisiana blue crabs is our Fettuccine Nero here at Meril. The fresh pasta is flavored and dyed with squid ink and then cooked up with jumbo lump crabmeat, Calabrian chiles, arugula, and toasted almonds.

### If you could eat only one Louisiana blue crab dish for the rest of your life, what would it be?

It would have to be the softshell crab at Station 6 Seafood & Oyster Bar in Bucktown. It is deep-fried and then topped with jumbo lump crabmeat and a light garlic butter sauce, which I love!



# TASTE OF LOUISIANA

## TANGY MARINATED LOUISIANA BLUE CRAB CLAWS

MAKES 10 TO 12 SERVINGS

- 2 pounds cooked crab claws
- ½ cup chopped green onion
- 2 (0.7-ounce) envelopes Italian dressing mix
- ¼ cup extra-virgin olive oil
- ¼ cup red wine vinegar
- 1 tablespoon lemon zest

- ¼ cup fresh lemon juice
  - 2 tablespoons low-sodium soy sauce
  - 2 cloves garlic, minced
  - ½ teaspoon crushed red pepper
- Garnish: lemon zest

1. Place crab claws in a large resealable plastic bag. Add green onion, Italian dressing mix, oil, vinegar, lemon zest and juice, soy sauce, garlic, and red pepper. Seal bag, and refrigerate for 4 hours, turning occasionally. Using a slotted spoon, transfer crab claws to a serving dish, discarding marinade. Garnish with lemon zest, if desired. Serve immediately.

For other delicious Louisiana blue crab recipes, visit [LouisianaSeafood.com](http://LouisianaSeafood.com).



LOUISIANA OUTDOOR GUIDE / TIP # 78: -----



JEFFREY / LOUISIANA  
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# APPLES

AND

# PEARS

WELCOME FALL WITH OUR  
FAVORITE FRUIT-FILLED  
RECIPES

PHOTOGRAPHY BY JIM BATHIE  
RECIPE DEVELOPMENT AND FOOD STYLING  
BY KATHLEEN KANEN  
STYLING BY BETH K. SEELEY



APPLE, OAT, AND MOLASSES  
SKILLET COOKIE  
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# APPLE AND SWEET POTATO GRATIN

Makes 8 servings

*Creamy and flavored with fresh thyme, this delicious side dish gets additional sweetness and texture from crisp apples.*

- 1 tablespoon vegetable oil
  - 2½ cups chopped yellow onion
  - ¾ teaspoon kosher salt, divided
  - 2 tablespoons water
  - 4½ cups (⅛-inch-thick) sliced peeled sweet potatoes
  - 2 cups (¼-inch-thick) sliced Gala apples (about 2 medium apples)
  - 2 cups (¼-inch-thick) sliced Granny Smith apples (about 2 medium apples)
  - 1⅓ cups shredded fontina cheese, divided
  - 3 teaspoons chopped fresh thyme, divided
  - ¾ teaspoon ground black pepper, divided
  - ⅓ cup heavy whipping cream
  - 1 tablespoon unsalted butter, cubed
  - ¼ cup panko (Japanese bread crumbs)
- Garnish:** chopped fresh thyme

**FIRST** Preheat oven to 375°.

**NEXT** In a 12-inch cast-iron skillet, heat oil over medium-high heat. Reduce heat to medium. Add onion; cook until lightly browned, about 4 minutes. Reduce heat to medium-low; stir in ¼ teaspoon salt. Cover and cook, stirring occasionally, until tender, about 25 minutes. Add 2 tablespoons water, 1 tablespoon at a time, to prevent onion from sticking to pan, if necessary. Remove onion from pan.

**NEXT** In skillet, arrange one-third each of sweet potatoes, apples, and onions in a single layer. Sprinkle with ⅓ cup cheese, 1 teaspoon thyme, ¼ teaspoon pepper, and ⅛ teaspoon salt. Repeat layers once. Top with remaining sweet potatoes, apples, and onions, ⅛ teaspoon salt, remaining 1 teaspoon thyme, and remaining ¼ teaspoon pepper. Pour cream onto layers. Dot with butter. Cover with foil.

**LAST** Bake until potatoes are tender, about 45 minutes. Uncover and sprinkle with bread crumbs, remaining ⅔ cup cheese, and remaining ⅛ teaspoon salt. Bake until cheese is melted, about 8 minutes more. Let stand for 15 minutes before serving. Garnish with thyme, if desired.



# PEAR AND BUTTERNUT SQUASH PULL-APART BREAD

Makes 1 (8x4-inch) loaf

*Premade biscuit dough makes this bread easy to put together. If you don't have a cast-iron loaf pan, any 8x4-inch loaf pan will work.*

- 4 slices thick-cut bacon, chopped
- ¾ cup shredded peeled butternut squash
- ½ cup shredded Bartlett pear
- ½ cup shredded Gruyère cheese
- 1 teaspoon finely chopped fresh rosemary
- ¼ teaspoon ground black pepper
- 1 (16.3-ounce) can refrigerated flaky layers biscuits\*

**FIRST** Preheat oven to 350°. Spray an 8x4-inch cast-iron loaf pan with baking spray with flour. Line bottom of pan with parchment paper; spray pan again.

**NEXT** In a small cast-iron skillet, cook bacon over medium heat until crisp. Remove bacon using a slotted spoon, and

let drain on paper towels, reserving 1 teaspoon drippings in skillet.

**NEXT** Add squash to skillet; cook, stirring frequently, until softened, about 3 minutes. Remove from skillet; let cool slightly.

**NEXT** Pat pear dry with paper towels. In a medium bowl, stir together bacon, squash, pear, cheese, rosemary, and pepper.

**NEXT** Place biscuits on a lightly floured surface; reserve 1 biscuit. Divide pear mixture among remaining biscuits, pressing slightly into biscuits. Stack biscuits, filling side up, and place remaining biscuit on top of stack. Gently place stack in prepared pan.

**LAST** Bake until golden brown, 45 to 50 minutes, loosely covering with foil during last 10 minutes of baking to prevent excess browning, if necessary. Let cool in pan for 20 minutes. Run a knife around edges of bread, and remove from pan. Serve warm.

*\*We used Pillsbury Grands! Flaky Layers Original Biscuits.*



## BUTTERNUT SQUASH SOUP WITH APPLE-WALNUT SLAW

Makes about 7 cups

*The fruit in the soup adds a sweetness to the base while the slaw on top adds texture and freshness with each bite.*

- 2 tablespoons unsalted butter
  - 1½ cups chopped onion
  - ½ cup chopped celery
  - 1 clove garlic, sliced
  - 3 cups (1-inch) pieces peeled Gala apple (about 3 medium apples)
  - 3 cups (1-inch) pieces peeled Bartlett or Bosc pear (about 3 medium pears)
  - 3 cups (1-inch) pieces peeled butternut squash
  - 2½ cups chicken broth, divided
  - 2 teaspoons kosher salt, divided
  - ½ teaspoon ground black pepper
  - 1 large sprig fresh sage
  - 1 tablespoon apple cider vinegar
- Apple-Walnut Slaw** (recipe follows)  
**Garnish:** fresh sage leaves, ground black pepper

**FIRST** In a small cast-iron Dutch oven, melt butter over medium heat. Add onion, celery, and garlic; cover and cook over medium-low heat until softened, about 20 minutes.

**NEXT** Add apple, pear, squash, 2 cups broth, 1 teaspoon salt, pepper, and sage;

bring to a boil. Reduce heat; simmer, uncovered, until very tender, 25 to 30 minutes. Let cool. Discard sage. **LAST** In the container of a blender, process mixture in batches until smooth, stopping to scrape sides of container. Return soup to Dutch oven; stir in vinegar and remaining 1 teaspoon salt. Cook over medium-low heat until heated through, about 10 minutes. Thin soup with remaining ½ cup broth, if desired. Top servings with Apple-Walnut Slaw. Garnish with sage and pepper, if desired.

### APPLE-WALNUT SLAW

Makes about 1½ cups

- ¾ cup matchstick-cut Granny Smith apple (about 1 small apple)
- ¾ cup matchstick-cut Gala apple (about 1 small apple)
- 2 tablespoons finely chopped shallot
- 2 tablespoons chopped toasted walnuts
- 2 teaspoons canola oil
- 1 teaspoon orange zest
- 1 teaspoon lemon zest
- ⅛ teaspoon kosher salt
- ⅛ teaspoon ground black pepper

**FIRST** In a medium bowl, stir together all ingredients. Let stand for 10 minutes before serving.

## APPLE, PEAR, AND PECAN COBBLER

Makes 8 servings

*Topped with nutty drop biscuits, this juicy cobbler is the perfect comforting dessert.*

### Filling:

- ¼ cup sugar
- 2 tablespoons all-purpose flour
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ⅛ teaspoon kosher salt
- 1½ cups apple cider
- 2 cups (1-inch) pieces Gala apple (about 2 medium apples)
- 2 cups (1-inch) pieces Bartlett or Bosc pear (about 2 medium pears)
- ½ cup dried apricots, chopped
- 1 tablespoon unsalted butter, cubed

### Topping:

- 1¼ cups all-purpose flour
  - ⅔ cup toasted pecans, finely chopped and divided
  - ⅓ cup sugar
  - 1¼ teaspoons baking powder
  - ½ teaspoon kosher salt
  - ⅔ cup whole buttermilk
  - 3 tablespoons unsalted butter, melted
- Vanilla ice cream, to serve**

**FIRST** Preheat oven to 375°.

**NEXT** For filling: In a 10-inch cast-iron skillet, whisk together sugar, flour, cinnamon, ginger, and salt. Whisk in cider. Add apple and pear; bring to a boil over medium-high heat, stirring frequently. Reduce heat; simmer for 5 minutes. Stir in apricots; remove from heat. Dot with butter.

**NEXT** For topping: In a medium bowl, whisk together flour, ⅓ cup pecans, sugar, baking powder, and salt. Stir in buttermilk and melted butter until moistened. Drop dough by 8 (¼-cup) portions onto hot filling. Sprinkle with remaining ⅓ cup pecans.

**LAST** Bake until topping is golden brown, about 18 minutes. Let cool for at least 15 minutes before serving. Serve with ice cream.





**KITCHEN TIP**

This cake is best served the day it's made, as the pears will darken over time.

## PEAR ALMOND SKILLET CAKE

Makes 1 (12-inch) cake

*This dessert is simple yet impressive. Use the most flavorful pears you can find that are of medium firmness.*

- 1 cup plus 1 tablespoon unsalted butter, softened and divided
- 3 small Bartlett pears, peeled, halved lengthwise, and cored (about 1½ pounds)
- 1½ cups firmly packed light brown sugar
- 1½ teaspoons vanilla extract
- ¾ teaspoon almond extract
- 2 large eggs
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon kosher salt
- 1 cup sour cream, room temperature
- ⅓ cup slivered almonds
- 4 teaspoons granulated sugar, divided

Sweetened whipped cream, to serve

**FIRST** In a 12-inch cast-iron skillet, melt 1 tablespoon butter over medium-high heat. Reduce heat to medium. Add pears, cut side down; cook until lightly browned, about 3 minutes. Remove from skillet. Let skillet cool, and wipe clean. Lightly spray skillet with baking spray with flour.

**NEXT** Preheat oven to 325°.

**NEXT** In a large bowl, beat brown sugar, extracts, and remaining 1 cup butter with a mixer at medium speed until fluffy, 3 to 4 minutes, stopping to scrape sides of bowl. Add eggs, one at a time, beating well after each addition.

**NEXT** In a medium bowl, whisk together flour, baking powder, and salt. With mixer on low speed, gradually add flour mixture to butter mixture alternately with sour cream, beginning and ending with flour mixture, beating just until combined after each addition. Spread batter in prepared skillet. Arrange pear halves, cut side up, on top of batter. Sprinkle with almonds and 2 teaspoons granulated sugar.



**LAST** Bake until a wooden pick inserted in center comes out clean, about 45 minutes. Sprinkle remaining 2 teaspoons granulated sugar onto warm cake. Let cool completely on a wire rack. Serve with whipped cream.

## APPLE-PEAR MUFFINS

Makes about 11

*Don't have a cast-iron muffin pan? These spiced muffins can also be baked in a standard 12-cup muffin tin. Just begin checking for doneness after 12 minutes, as baking times may vary.*

- ¾ cups all-purpose flour
- ½ cup granulated sugar
- 1 teaspoon baking powder
- ½ teaspoon apple pie spice
- ⅔ teaspoon baking soda
- ⅔ teaspoon kosher salt
- 6 tablespoons sour cream, room temperature
- ¼ cup vegetable oil
- 1 large egg

- ½ teaspoon vanilla extract
- ¼ cup chopped Gala apple
- ¼ cup chopped Bartlett or Bosc pear

Garnish: confectioners' sugar

**FIRST** Preheat oven to 350°. Spray 2 cast-iron muffin pans with baking spray with flour.

**NEXT** In a large bowl, whisk together flour, granulated sugar, baking powder, pie spice, baking soda, and salt.

**NEXT** In a small bowl, whisk together sour cream, oil, eggs, and vanilla. Make a well in center of flour mixture; stir in sour cream mixture just until moistened. Fold in apple and pear. Spoon into prepared muffin cups, filling two-thirds full.

**LAST** Bake until a wooden pick inserted in center comes out clean, about 20 minutes. Let cool in pans for 20 minutes. Run a knife around edges of muffins. Gently remove from pans, and let cool completely on a wire rack. Garnish with confectioners' sugar, if desired. Store in an airtight container for up to 3 days.



## TOASTED RICE PUDDING

Makes about 3½ cups

*Heirloom-variety Carolina Gold rice is our top pick for this pudding. If you can't find it, a long-grain jasmine or white rice will work.*

- 1 cup Carolina Gold rice
  - 1¾ cups water
  - ⅔ cup plus 2 tablespoons sugar, divided
  - ¼ teaspoon kosher salt, divided
  - 1½ cups whole milk, divided
  - ½ cup heavy whipping cream
  - ½ teaspoon orange zest
  - ½ teaspoon ground cinnamon
  - ½ teaspoon vanilla extract
  - 1 tablespoon unsalted butter
- Spiced Apple Butter (recipe follows)**  
**Garnish: apple slices, ground cinnamon**

**FIRST** In an enamel-coated cast-iron Dutch oven, cook rice over medium heat, stirring frequently, until fragrant and toasted, about 8 minutes.

**NEXT** Add 1¾ cups water, 2 tablespoons sugar, and ⅛ teaspoon salt; bring to a boil. Reduce heat; cover and simmer until rice is almost tender, about 15 minutes.

**NEXT** Stir in 1¼ cups milk, cream, zest, cinnamon, vanilla, remaining ⅔ cup sugar, and remaining ¼ teaspoon salt; bring to a simmer, stirring frequently. Simmer until rice is tender and mixture is thickened, about 20 minutes. Add remaining

¼ cup milk, if needed. Stir in butter. Serve immediately with Spiced Apple Butter. Garnish with apple slices and cinnamon, if desired.

## SPICED APPLE BUTTER

Makes about 3¼ cups

- 1½ pounds Granny Smith apples, peeled, cored, and cut into 1-inch pieces (3 to 4 medium apples)
- 1½ pounds Gala apples, peeled, cored, and cut into 1-inch pieces (3 to 4 medium apples)
- 1 cup sugar
- 1 cup apple cider
- 2 tablespoons apple cider vinegar
- 1½ teaspoons apple pie spice
- ¼ teaspoon kosher salt

**FIRST** In a small enamel-coated cast-iron Dutch oven, bring all ingredients to a boil over medium-high heat. Reduce heat; cover and simmer until apples are very tender, about 45 minutes.

**NEXT** Using a potato masher or the back of a spoon, mash mixture. Simmer, uncovered, stirring occasionally, until mixture is very thick, about 1 hour and 15 minutes. Let cool completely.

**LAST** In the container of a blender, process mixture in batches until very smooth. Refrigerate in an airtight container for up to 2 weeks.

## APPLE, OAT, AND MOLASSES SKILLET COOKIE

Makes 1 (10-inch) cookie

*We love a good skillet cookie, and this one—filled with rich molasses, chopped apples, and just enough spice—will be on our baking list every weekend.*

- 1 cup unsalted butter, softened
  - 1⅓ cups firmly packed light brown sugar
  - 1 teaspoon vanilla extract
  - 1 large egg
  - 3 tablespoons molasses
  - 1¾ cups all-purpose flour
  - 1 teaspoon baking soda
  - 1 teaspoon apple pie spice
  - ½ teaspoon kosher salt
  - 1 cup plus 2 tablespoons old-fashioned oats, divided
  - 1 cup chopped Gala or Braeburn apple, divided (about 1 medium apple)
  - 2 teaspoons granulated sugar
- Caramel sauce, to serve**

**FIRST** Preheat oven to 325°. Spray a 10-inch cast-iron skillet with baking spray with flour.

**NEXT** In a large bowl, beat butter, brown sugar, and vanilla with a mixer at medium speed until fluffy, 3 to 4 minutes, stopping to scrape sides of bowl. Add egg, beating well. Beat in molasses.

**NEXT** In a medium bowl, whisk together flour, baking soda, pie spice, and salt. With mixer on low speed, gradually add flour mixture to butter mixture, beating until combined. Beat in 1 cup oats and ½ cup apple. Spread dough in prepared skillet. Sprinkle with remaining 2 tablespoons oats and remaining ½ cup apple.

**LAST** Bake until a wooden pick inserted in center comes out clean, 45 to 50 minutes, loosely covering with foil during last 10 minutes of baking to prevent excess browning, if necessary. Sprinkle warm cookie with granulated sugar. Let cool completely on a wire rack. Serve with caramel sauce, if desired. 🍪



# SUPER SUNDAY DINNER

HEARTY ROASTS FOR  
FAMILY SUNDAY SUPPERS



RECIPE DEVELOPMENT AND FOOD STYLING BY VANESSA ROCCHIO  
STYLING BY BETH K. SEELEY



ROASTED TURKEY BREAST  
WITH SQUASH AND SPROUTS  
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### KITCHEN TIP

Not familiar with the term potlikker? It's the rich and flavorful broth that develops in a pot of simmering greens.

## BEEF SHORT RIBS WITH POTLIKKER CHEESE GRITS

Makes 4 to 6 servings

*Braised in wine and herbs, these slow-cooked short ribs pair perfectly with grits cooked in the liquid from a batch of Southern greens.*

- 1 (750-ml) bottle Burgundy wine
  - 5 tablespoons all-purpose flour, divided
  - 5 pounds bone-in beef short ribs
  - 2 teaspoons kosher salt
  - 1 teaspoon ground black pepper
  - 2 tablespoons olive oil
  - 1 (6-ounce) can tomato paste
  - 2 medium onions, thinly sliced
  - 1 head garlic, halved crosswise
  - 10 sprigs fresh parsley
  - 8 sprigs fresh thyme
  - 4 sprigs fresh oregano
  - 2 sprigs fresh rosemary
  - 2 bay leaves
  - 2 tablespoons unsalted butter
  - 1 cup low-sodium beef broth
- Potlikker Cheese Grits (recipe follows)**  
**Garnish:** fresh oregano, ground black pepper

**FIRST** In a medium saucepan, cook wine over medium-high heat until reduced to 2 cups, about 20 minutes.

**NEXT** Preheat oven to 350°.

**NEXT** Place 3 tablespoons flour in a shallow dish. Sprinkle short ribs with salt and pepper, and dredge in flour.

**NEXT** In a large enameled cast-iron Dutch oven, heat oil over medium-high heat. Working in batches, add short ribs to pot; cook until browned on all sides, 4 to 6 minutes. Transfer ribs to a plate.

**NEXT** Remove pot from heat, and pour off drippings; add reduced wine, scraping browned bits from bottom of pot with a wooden spoon. Whisk in tomato paste until smooth. Add onion, and top with ribs. Add garlic, parsley, thyme, oregano, rosemary, and bay leaves.

**NEXT** Cover pot and bake until short ribs are tender, 2 to 2½ hours. Transfer short ribs to a platter.

**NEXT** Strain cooking liquid from pot into a measuring cup, discarding solids. Skim off fat from surface of liquid; reserve 1 cup liquid. Wipe pot clean.

**LAST** Melt butter in pot over medium heat. Whisk in remaining 2 tablespoons

flour; cook for 1 minute. Whisk in broth and reserved 1 cup cooking liquid until thickened. Remove from heat, and season to taste with salt and pepper. Serve short ribs with Potlikker Cheese Grits, and top with sauce. Garnish with oregano and pepper, if desired.

### POTLIKKER CHEESE GRITS

Makes 4 to 6 servings

- 4½ cups potlikker, reserved from Perfect Collard Greens (recipe on page 105)
- 2 teaspoons kosher salt
- 1½ cups stone-ground yellow grits
- 2 cups shredded sharp Cheddar cheese
- 1 cup whole milk
- 3 tablespoons unsalted butter

**FIRST** In a Dutch oven, bring potlikker and salt to a boil over medium-high heat; slowly stir in grits. Reduce heat to medium-low; cover and cook, stirring occasionally, until thickened, about 30 minutes. Uncover and stir in cheese, milk, and butter. Serve immediately.

# PORK SHOULDER WITH GINGERSNAP GRAVY

Makes 8 servings

*A secret ingredient (that no one would suspect) not only thickens the gravy, it also gives it a gingery bite.*

- 1 (5½- to 6-pound) bone-in pork shoulder roast
  - 5 tablespoons olive oil, divided
  - 2 teaspoons ground ginger
  - 1½ teaspoons kosher salt
  - 1 teaspoon ground black pepper
  - 1 red onion, thinly sliced
  - 1 (10.5-ounce) can chicken broth
  - 3 tablespoons balsamic vinegar
  - 2 tablespoons chopped fresh sage, plus more to taste
  - 1 pound baby rainbow carrots
  - 1 cup low-sodium chicken broth (if needed)
  - 3 tablespoons unsalted butter
  - ½ cup finely ground gingersnap cookies
- Garnish:** fresh sage, flaky salt

**FIRST** Preheat oven to 350°.

**NEXT** Score fat side of pork shoulder in a diamond pattern. Rub with 2 tablespoons oil, ginger, salt, and pepper. Let stand at room temperature for 15 minutes.

**NEXT** In a large cast-iron Dutch oven, heat remaining 3 tablespoons oil over medium heat. Add pork; cook until browned on all sides. Remove from pot. Add onion; cook until tender, 4 to 5 minutes. Remove from heat; place pork, fat side up, on onion.

**NEXT** In a small bowl, stir together canned broth and vinegar; pour onto roast. Sprinkle with 2 tablespoons sage. Cover with lid.

**NEXT** Bake for 2½ hours. Remove lid, and add carrots around pork. Cover and bake for 30 minutes more. Remove from oven; let stand, covered, for 20 minutes.

**NEXT** Using a slotted spoon, transfer pork, carrots, and onion to a serving platter. Strain cooking liquid from pot into a measuring cup, discarding solids and reserving liquid. Skim off fat from surface of liquid; reserve 2 cups liquid, adding low-sodium broth if needed. Wipe pot clean.

**LAST** Melt butter in pot over medium heat. Add gingersnap crumbs; cook until bubbly. Whisk in reserved 2 cups liquid; cook, whisking frequently, until thickened. Add additional sage, if desired. Serve gravy with pork and vegetables. Garnish with fresh sage and salt, if desired.





GARLIC, LEMON,  
AND HERB CHICKEN  
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## GARLIC, LEMON, AND HERB CHICKEN

Makes 8 servings

*You won't believe the savory aroma that will fill your kitchen as this whole chicken roasts with citrus, herbs, and lots of garlic.*

- 1/3 cup unsalted butter, softened**
- 5 cloves garlic, minced**
- 1 tablespoon lemon zest**
- 3 teaspoons kosher salt, divided**
- 1 (6-pound) whole chicken, giblets removed**
- 3 sprigs fresh parsley**
- 5 lemons, divided**
- 2 tablespoons olive oil**
- 1/2 teaspoon ground black pepper**
- 3 heads garlic**
- 4 sprigs fresh thyme**

**Rice pilaf, to serve**

**Garnish: fresh thyme, fresh oregano**

**FIRST** Preheat oven to 350°.

**NEXT** In a small bowl, stir together butter, minced garlic, zest, and 2 teaspoons salt. Pat chicken dry with paper towels. Gently loosen skin from chicken, keeping skin intact. Rub butter mixture under skin. Place parsley under skin. Place 2 whole lemons inside chicken cavity. Tie legs together with kitchen twine. Brush chicken with oil, and sprinkle with pepper and remaining 1 teaspoon salt.

**NEXT** Cut 1/4 inch off top of each garlic head; cut remaining 3 lemons in half. Place garlic tops into a large cast-iron Dutch oven. Place chicken, breast side up, on garlic tops. Place garlic heads, lemons halves, and thyme around chicken. Cover with lid.

**LAST** Bake for 1 hour. Uncover and increase oven temperature to 400°. Bake until a meat thermometer inserted in thickest portion registers 165°, about 35 minutes more, covering with foil to prevent excess browning, if necessary. Let stand for 10 minutes. Serve chicken with roasted lemon, garlic, and rice. Garnish with thyme and oregano, if desired.

## ROASTED TURKEY BREAST WITH SQUASH AND SPROUTS

Makes 6 servings

*Make Sunday supper feel like Thanksgiving any time of year with this easy-to-prepare turkey and side.*

- 3 tablespoons unsalted butter, softened**
- 4 tablespoons chopped fresh sage, divided**
- 2 tablespoons orange zest**
- 1 tablespoon fresh thyme leaves**
- 1 1/2 teaspoons kosher salt, divided**
- 1/2 teaspoon ground black pepper**
- 1 (7-pound) bone-in skin-on fresh or thawed frozen turkey breast**
- 2 small navel oranges, cut into wedges or rounds**

**Roasted Squash and Sprouts (recipe follows)**

**Garnish: fresh sage**

**FIRST** Preheat oven to 425°.

**NEXT** In a small bowl, stir together butter, 2 tablespoons sage, zest, thyme, 1 teaspoon salt, and pepper. Gently loosen skin from turkey, keeping skin intact. Rub butter mixture under skin.

**NEXT** Place orange wedges in a 6-quart cast-iron Dutch oven. Place turkey, skin side up, on oranges. Sprinkle with remaining 2 tablespoons sage. Cover with lid.

**LAST** Bake for 1 hour. Uncover and bake until a meat thermometer inserted in thickest portion registers 160°, about 25 minutes more, covering with foil to prevent excess browning, if necessary. Let stand for 15 minutes. Serve with roasted oranges and Roasted Squash and Brussels Sprouts. Garnish with sage, if desired.

## ROASTED SQUASH AND BRUSSELS SPROUTS

Makes 6 servings

*A drizzle of melted butter and sorghum syrup amplifies the caramelized flavors of these roasted vegetables.*

- 2 small acorn squash, cut into 8 wedges each and seeded**
  - 2 tablespoons olive oil, divided**
  - 1 teaspoon kosher salt**
  - 1 teaspoon ground black pepper**
  - 1/2 pound Brussels sprouts, trimmed and halved**
  - 2 tablespoons unsalted butter, melted**
  - 2 tablespoons sorghum syrup**
- Garnish: fresh thyme**

**FIRST** Preheat oven to 425°.

**NEXT** In a large cast-iron skillet, toss together squash and 1 tablespoon oil. Sprinkle with salt and pepper. Bake for 20 minutes.

**NEXT** In a medium bowl, toss together Brussels sprouts and remaining 1 tablespoon oil. Add to skillet.

**LAST** Bake 20 to 25 minutes more, or until vegetables are tender, covering with foil to prevent excess browning, if necessary. Remove from oven, and drizzle with melted butter and sorghum syrup. Garnish with thyme, if desired.

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### KITCHEN TIP

Whole bone-in turkey breasts are available in most grocery stores year-round. If you are unsure what to look for, ask the butcher at your local store. Two individual turkey breasts can also be used. Be sure to check the internal temperature with a meat thermometer after 45 minutes to ensure the turkey doesn't overcook.

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## CHICKEN QUARTERS WITH HEARTY ROOT VEGETABLES

Makes 4 servings

*Sweet potatoes, turnips, and onions absorb the savory chicken juices as this one-pot meal bakes in the oven.*

- ¼ cup firmly packed dark brown sugar
  - 2 teaspoons fennel seeds, crushed
  - 2 teaspoons kosher salt
  - ½ teaspoon ground black pepper
  - 4 skin-on chicken quarters
  - 4 tablespoons olive oil, divided
  - 1 large sweet potato, peeled and cut into ½-inch-thick slices
  - 1 large sweet onion, cut into ½-inch-thick slices
  - 4 large turnips, peeled and cut into ½-inch-thick slices
  - 2 tablespoons chopped fresh sage
- Garnish:** fresh sage

**FIRST** Preheat oven to 400°.

**NEXT** In a small bowl, stir together brown sugar, fennel seeds, salt, and pepper. Rub chicken quarters with 2 tablespoons oil and half of seasoning mixture.

**NEXT** In a 12-inch cast-iron skillet, heat remaining 2 tablespoons oil over medium-high heat. Add chicken; cook for 6 minutes, turning frequently. (Be careful not to burn skin.) Remove chicken from skillet, and pour off drippings.

**NEXT** Arrange sweet potato, onion, and turnips in spirals in pan. Sprinkle with remaining seasoning mixture and sage. Place chicken on vegetables.

**LAST** Bake until a meat thermometer inserted in thickest portion of chicken registers 165° and vegetables are tender, about 1 hour. Carefully tilt skillet to pour off excess drippings before serving. Garnish with sage, if desired.

## BEEF ROAST WITH POTATOES

Makes 6 servings

*Coffee, stout beer, and fresh rosemary add layers of flavor to this Sunday supper staple.*

- 2 tablespoons instant dark roast coffee\*
- 2 teaspoons kosher salt



- 1 teaspoon ground black pepper
  - 1 (4- to 5-pound) boneless chuck roast, trimmed
  - 2 tablespoons olive oil
  - 1 (12-ounce) bottle stout beer
  - 3 tablespoons tomato paste
  - 2 tablespoons balsamic vinegar
  - 1 tablespoon beef base
  - 4 cloves garlic, chopped
  - 2 tablespoons chopped fresh rosemary
  - 4 medium sweet onions, thinly sliced
  - 3 sprigs fresh rosemary
  - 2 tablespoons cornstarch
  - 2 tablespoons water
- Roasted Potatoes (recipe follows)**  
**Garnish:** fresh parsley, fresh rosemary

**FIRST** Preheat oven to 350°.

**NEXT** In a small bowl, stir together coffee, salt, and pepper; rub onto roast. Let stand at room temperature for 10 minutes.

**NEXT** In a large enamel-coated cast-iron Dutch oven, heat oil over medium-high heat until hot. Add roast; cook until browned on all sides, 3 to 5 minutes per side. Remove from heat.

**NEXT** In a medium bowl, whisk together beer, tomato paste, vinegar, beef base, garlic, and chopped rosemary; pour onto roast. Top with onion and rosemary sprigs.

**NEXT** Bake until fork tender, 2½ to 3 hours. Transfer roast to a serving platter, and shred into large chunks, discarding fat. Add onion to platter around roast. Skim fat from cooking liquid and remove rosemary stems; transfer cooking liquid to a large saucepan.

**LAST** In a small bowl, whisk together cornstarch and 2 tablespoons water until smooth; whisk into cooking liquid until combined. Bring to a boil; whisk constantly, until gravy is thickened, about 1 minute. Serve roast with gravy and Roasted Potatoes. Garnish with parsley and rosemary, if desired.

*\*We used Community Instant Dark Coffee.*

## ROASTED POTATOES

Makes 6 servings

- 1 (24-ounce) bag baby red potatoes, halved
- 2 tablespoons olive oil
- 2 teaspoons kosher salt

**FIRST** Preheat oven to 425°.

**LAST** In a 10-inch cast-iron skillet, toss together potatoes and oil. Sprinkle with salt. Bake until golden brown and tender, 20 to 30 minutes. 🍴



# SATISFYING SAVORY PIES

COMFORT IN EVERY BITE

PHOTOGRAPHY BY WILLIAM DICKEY  
RECIPE DEVELOPMENT AND FOOD STYLING BY ELIZABETH STRINGER AND SARAH WARD  
STYLING BY KIM CHISELKO



**COVER  
RECIPE**



# SMOKED CHICKEN AND TARRAGON POT PIE

Makes 1 (10-inch) pie

*Smoked chicken from a local barbecue shop not only makes this pot pie easy to put together, it adds a delicious depth of flavor.*

- 2 tablespoons unsalted butter
- 1 cup (1-inch) cubed peeled russet potatoes
- 1 cup chopped fresh green beans
- $\frac{3}{4}$  cup fresh or frozen corn kernels
- $\frac{1}{2}$  cup chopped carrot
- $\frac{1}{2}$  cup chopped onion
- $\frac{1}{4}$  cup chopped green onion
- 4 ounces cream cheese, softened
- $\frac{1}{4}$  cups chicken broth
- 1 cup half-and-half
- $\frac{1}{2}$  cup all-purpose flour
- 2 teaspoons chopped fresh tarragon
- $\frac{1}{2}$  teaspoons kosher salt
- 1 teaspoon ground black pepper, divided
- 3 cups pulled smoked chicken
- 1 (14.1-ounce) package refrigerated piecrusts
- 1 teaspoon water

**FIRST** Preheat oven to 375°.

**NEXT** In a 12-inch cast-iron skillet, melt butter over medium heat. Add potatoes, green beans, corn, carrot, onion, and green onion; cook until vegetables are just softened, 6 to 7 minutes. Stir in cream cheese until melted.

**NEXT** In a medium bowl, whisk together broth, half-and-half, flour, tarragon, salt, and  $\frac{1}{2}$  teaspoon pepper; stir mixture into vegetables, and bring to a boil over medium-high heat. Cook, stirring occasionally, until thickened, about 3 minutes. Stir in chicken, and remove from heat.

**NEXT** On a lightly floured surface, roll one sheet of dough into a 12-inch circle. Transfer to a 10-inch cast-iron skillet, pressing into bottom and up sides. Spoon filling into prepared crust. Place remaining dough on filling, pressing edges to seal. Cut four slits in top of dough to release steam. Brush dough with 1 teaspoon water, and sprinkle with remaining  $\frac{1}{2}$  teaspoon pepper.

**LAST** Bake until crust is golden brown and filling is bubbly, about 45 minutes. Let stand for 15 minutes before serving.



# TACO PIE

Makes 1 (10-inch) pie

*With layers of tortillas, beans, and spiced ground beef, this is sure to become a new family favorite.*

- 1 pound ground beef
  - $\frac{1}{2}$  cup red enchilada sauce
  - $\frac{1}{2}$  teaspoon kosher salt
  - $\frac{1}{2}$  teaspoon ground cumin
  - $\frac{1}{2}$  teaspoon ground chipotle chile pepper
  - $\frac{1}{2}$  teaspoon chili powder
  - $\frac{1}{2}$  teaspoon ground black pepper
  - 1 (16-ounce) can refried beans
  - 1 (4-ounce) can spicy Hatch green chiles
  - 8 (10-inch) flour tortillas
  - 2 cups shredded Cheddar-Jack cheese blend, divided
- Pico de gallo and sour cream, to serve**  
**Garnish: sliced avocado, sliced radish, torn fresh cilantro**

**FIRST** Preheat oven to 350°.

**NEXT** In a 10-inch cast-iron skillet, cook beef over medium heat until browned and crumbly; drain. Transfer to a large bowl; stir in enchilada sauce, salt, cumin, chipotle pepper, chili powder, and black pepper. Wipe skillet clean.

**NEXT** In a medium bowl, stir together refried beans and chiles.

**NEXT** Cut three tortillas in half. Line sides of skillet with halved tortillas, rounded edges up. Place one tortilla in bottom of skillet. Spoon 2 cups beef filling onto tortilla, and sprinkle with  $\frac{1}{2}$  cup cheese. Top with another tortilla, and spread with 1 cup bean mixture. Repeat layers once. Top with remaining tortilla, and sprinkle with remaining 1 cup cheese.

**LAST** Bake until hot and bubbly, about 20 minutes. Let stand for 10 minutes. Serve with pico de gallo and sour cream. Garnish with avocado, radish, and cilantro, if desired.

# PULLED PORK AND BROCCOLI RABE HAND PIES

Makes 5 servings

*These large hand pies are perfect for pairing with a side of fresh greens. Pies can be assembled, covered, and refrigerated overnight before baking.*

- ¼ cup Dijon mustard
- ¼ cup honey
- 1 tablespoon sour cream
- 2 teaspoons apple cider vinegar
- ¾ teaspoon kosher salt, divided
- ½ teaspoon ground black pepper, divided

- 2 tablespoons unsalted butter
- 1 small red onion, sliced
- ½ pound broccoli rabe, chopped
- ¼ teaspoon garlic powder
- ½ pound smoked pulled pork, chopped
- Sour Cream Pastry Dough (recipe follows)**
- ½ cup shredded white Cheddar cheese
- 1 egg white
- 1 tablespoon whole milk

**FIRST** Preheat oven to 400°.

**NEXT** In a small bowl, stir together mustard, honey, sour cream, vinegar, and ¼ teaspoon each salt and pepper until smooth. Cover and refrigerate.

**NEXT** In a large cast-iron skillet, melt butter over medium heat. Add onion; cook until softened, about 10 minutes. Add broccoli rabe, garlic powder, remaining ½ teaspoon salt, and remaining ¼ teaspoon pepper; cook, stirring constantly, for 1 minute. Stir in pork; remove from heat.

**NEXT** Let Sour Cream Pastry Dough stand at room temperature for 10 minutes. On a lightly floured surface, roll dough into a 25x12-inch rectangle. Using a pizza cutter or pastry wheel, cut in half lengthwise. Make 5 (5-inch-wide) crosswise cuts to create 10 (6x5-inch) rectangles.

**NEXT** Stir cheese into pork mixture. Divide mixture among 5 dough rectangles, leaving a ½-inch border on all sides. Place remaining dough rectangles over filling, lightly stretching to make edges meet. Crimp edges with a fork dipped in flour. Transfer pies to a cast-iron baking sheet or griddle. In a small bowl, whisk together egg white and milk; brush onto pies. Cut 3 slits in top of pies to release steam.

**LAST** Bake until crust is golden brown, 18 to 20 minutes. Let stand for 10 minutes. Serve with honey mustard sauce.

## SOUR CREAM PASTRY DOUGH

Makes 5 (6x5-inch) hand pies

- 4½ cups all-purpose flour
- 1½ teaspoons kosher salt
- 1½ cups cold unsalted butter, cubed
- 2 tablespoons fresh thyme leaves
- 1 cup sour cream
- 6 tablespoons whole milk
- 3 egg yolks

**FIRST** In the work bowl of a food processor, pulse together flour and salt. Add butter and thyme, pulsing until butter pieces are pea-sized.

**NEXT** In a small bowl, whisk together sour cream, milk, and egg yolks. Add mixture to food processor, and pulse until a dough ball begins to form.

**LAST** Turn out dough onto a lightly floured surface, and gently knead until dough comes together, about 6 times. Shape into a square, and wrap tightly in plastic wrap. Refrigerate for at least 30 minutes or up to 3 days.





BACON, SUN-DRIED TOMATO,  
AND SPINACH QUICHE  
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SWEET POTATO AND  
GOAT CHEESE TART  
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## BACON, SUN-DRIED TOMATO, AND SPINACH QUICHE

Makes 1 (10-inch) quiche

*We make no apologies that this quiche uses a full wheel of brie—it's worth every bite!*

### Crust:

- 1½ cups all-purpose flour
- ¼ cup grated fresh Parmesan cheese
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- 6 tablespoons cold unsalted butter, cubed
- 1 large egg
- 1½ tablespoons cold water

### Filling:

- 4 cups fresh spinach
- 6 large eggs
- ¾ cup half-and-half
- ½ cup sliced drained oil-packed sun-dried tomatoes
- ¼ cup chopped green onion
- 1 teaspoon chopped fresh thyme
- ½ teaspoon ground red pepper
- ½ teaspoon ground black pepper
- 1 pound bacon, cooked and crumbled
- 1 (8-ounce) wheel Brie, cubed

**FIRST** For crust: In the work bowl of a food processor, pulse together flour, cheese, salt, and pepper until combined. Add cold butter, and pulse until butter pieces are pea-size.

**NEXT** In a small bowl, whisk together egg and 1½ tablespoons cold water. With processor running, add mixture in a slow, steady stream just until dough comes together. Turn out dough onto a lightly floured surface, and shape into a disk. Wrap in plastic wrap, and refrigerate for at least 1 hour.

**NEXT** Preheat oven to 425°.

**NEXT** For filling: In a large cast-iron skillet, cook spinach over medium heat until wilted, 1 to 2 minutes. Remove from heat.

**NEXT** In a large bowl, whisk together eggs, half-and-half, sun-dried tomatoes, green onion, thyme, red pepper, and black pepper; stir in spinach, bacon, and Brie.

**NEXT** On a lightly floured surface, roll dough into a 12-inch circle. Transfer to a 10-inch cast-iron skillet, pressing into

bottom and up sides. Pour filling into prepared crust.

**LAST** Bake until filling is puffed and center is set, 25 to 35 minutes. Let stand for 10 minutes before serving.

## SWEET POTATO AND GOAT CHEESE TART

Makes 1 (10-inch) tart

*A sweet potato crust holds tangy goat cheese and herbs for the perfect brunch star.*

- 2 large eggs, divided
  - 3 tablespoons unsalted butter, melted and divided
  - 2 teaspoons kosher salt, divided
  - 1 teaspoon ground black pepper, divided
  - 3 cups frozen shredded hash browns, thawed
  - 2 cups shredded peeled sweet potatoes
  - 1 (8-ounce) package cream cheese, softened
  - 4 ounces goat cheese, softened
  - ¼ cup heavy whipping cream
  - 1 tablespoon chopped fresh thyme
  - 1 tablespoon chopped fresh basil
  - 1 tablespoon chopped fresh chives
- Garnish:** ground black pepper, chopped fresh basil

**FIRST** Preheat oven to 400°.

**NEXT** In a large bowl, whisk together 1 egg, 2 tablespoons melted butter, 1 teaspoon salt, and ½ teaspoon pepper. Stir in hash browns and sweet potato until combined.

**NEXT** Brush a 10-inch cast-iron skillet with remaining 1 tablespoon melted butter; add potato mixture. Using the bottom of a measuring cup, press mixture into bottom and 1 inch up sides of skillet.

**NEXT** Bake for 25 minutes. Remove from oven. Reduce oven temperature to 350°.

**NEXT** In a large bowl, beat cream cheese, goat cheese, cream, and remaining egg with a mixer at medium speed until creamy. Add thyme, basil, chives, remaining 1 teaspoon salt, and remaining ½ teaspoon pepper, beating until combined. Spread cheese mixture into potato crust.

**LAST** Bake until filling is set and edges are just beginning to brown, about 15 minutes. Let stand for 15 minutes before serving. Garnish with pepper and basil, if desired.

## ONION TARTE TATIN

Makes 1 (12-inch) tart

*We can't get enough of this savory twist on the French dessert pastry—the cast-iron skillet helps the onions in this upside-down tart caramelize and become deliciously sweet.*

- 2 medium yellow onions
  - 1 medium red onion
  - ¼ cup unsalted butter
  - 2 tablespoons balsamic vinegar
  - 2 tablespoons honey
  - 1 tablespoon chopped fresh thyme
  - ¼ teaspoon kosher salt
  - ¼ teaspoon ground black pepper
  - ¼ cup finely grated fresh Parmesan cheese
  - ½ (17.3-ounce) package frozen puff pastry, thawed
- Garnish:** fresh thyme leaves

**FIRST** Preheat oven to 400°.

**NEXT** Cut each onion lengthwise into 12 wedges, leaving root ends intact.

**NEXT** In a 12-inch cast-iron skillet, melt butter over medium heat. Add onions; cook, turning occasionally, until just beginning to brown, about 5 minutes. Add vinegar and honey; cook for 5 minutes. Add thyme, salt, and pepper; sprinkle with Parmesan. Remove from heat.

**NEXT** On a lightly floured surface, gently roll pastry sheet to remove crease lines. Using a knife, cut pastry into a 13-inch circle. Place pastry onto onions, carefully tucking edges down into skillet. Cut 2 small slits in top of pastry to release steam.

**LAST** Bake until pastry is puffed and golden brown, 20 to 25 minutes. Let stand for 5 minutes. Carefully invert tart onto a serving platter. Serve immediately. Garnish with thyme, if desired.

## SEAFOOD POT PIES

Makes 8 servings

*These creamy pot pies are stuffed full of shrimp and fish. The filling can also be baked in a 10-inch cast-iron skillet with a single top crust.*

- 4 slices thick-cut bacon, chopped**
  - 1 cup chopped yellow onion**
  - ½ cup chopped celery**
  - 1 red bell pepper, seeded and diced**
  - 6 tablespoons all-purpose flour**
  - 1 cup seafood stock**
  - ¾ cup plus 1 tablespoon heavy whipping cream, divided**
  - 4 ounces cream cheese, softened**
  - 1 tablespoon chopped fresh thyme**
  - 1 teaspoon garlic powder**
  - 1 teaspoon kosher salt**
  - ½ teaspoon ground black pepper**
  - ¼ teaspoon ground red pepper**
  - 1 pound large fresh shrimp, peeled, deveined, and tails removed**
  - 1 (12-ounce) grouper fillet, cut into ½-inch cubes**
  - 1½ (14.1 ounce) packages refrigerated piecrusts**
- Garnish:** ground black pepper, smoked paprika

**FIRST** Preheat oven to 400°. Line a large rimmed baking sheet with parchment paper. Place 8 (9-ounce) cast-iron gratin dishes on prepared pan.

**NEXT** In a 10-inch cast-iron skillet, cook bacon over medium heat until crisp. Remove bacon using a slotted spoon, and let drain on paper towels, reserving drippings in skillet.

**NEXT** Add onion, celery, and bell pepper to skillet; cook, stirring frequently, until vegetables begin to soften, about 5 minutes. Transfer to a medium bowl.

**NEXT** Add flour to skillet; gradually whisk in stock, ¼ cup at a time, fully incorporating each addition before adding the next. Whisk in ¾ cup cream. Whisk in cream cheese, thyme, garlic powder, salt, black pepper, and red pepper until smooth. Cook, whisking

constantly, until mixture boils; boil for 2 minutes. Remove from heat, and stir in bacon, vegetables, shrimp, and fish. Divide mixture among gratin dishes.

**NEXT** On a lightly floured surface, unroll half of dough. Cut into strips; cut strips in half crosswise. Place strips onto each dish in desired pattern, trimming excess

dough. Repeat with remaining dough. Brush dough with remaining 1 tablespoon cream.

**LAST** Bake until crust is golden brown and filling is bubbly, 20 to 22 minutes. Let stand for 10 minutes before serving. Garnish with black pepper and paprika, if desired. 🍴



# Sweet

## SOUTHERN SYRUPS


CELEBRATING THE SOUTH'S LIQUID GOLD



PHOTOGRAPHY BY CAROLINE SMITH  
RECIPE DEVELOPMENT AND FOOD STYLING BY MELISSA GRAY  
STYLING BY CAROLINE BLUM

MAPLE PECAN SWIRL BLONDIES  
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## KITCHEN TIP

For rare doneness, remove steaks from pan at 125°. For medium-rare, remove at 135°. For medium, remove from pan at 145°. For medium-well, remove at 150°. For well done, remove at 160°.

## HONEY BALSAMIC STEAK

Makes 2 to 4 servings

*Support your local beekeepers and enjoy a delicious skillet steak with this mouthwatering recipe.*

- 2 (6- to 8-ounce) New York strip steaks, room temperature
- $\frac{1}{2}$  teaspoon kosher salt
- $\frac{1}{4}$  teaspoon ground black pepper
- 2 tablespoons unsalted butter
- 1 teaspoon olive oil
- 4 cloves garlic, smashed
- 3 sprigs fresh rosemary
- $\frac{1}{4}$  cup honey
- 1 tablespoon balsamic vinegar

**FIRST** Sprinkle steaks with salt and pepper.

**NEXT** In a 12-inch cast-iron skillet, melt butter with oil, garlic, and rosemary over medium-high heat. Add steaks; cook, turning once, until browned and desired doneness is reached, 4 to 8 minutes per side. Remove steaks from skillet; let stand for 5 minutes.

**LAST** Add honey and vinegar to skillet; cook, stirring frequently, until thickened, about 2 minutes. Serve with steaks.

## BACON AND CANE SYRUP BAKED BEANS

Makes 6 to 8 servings

*We love cane syrup for its peppery notes, and though it's also made from sugar cane, the syrup is less sweet than granulated cane sugar.*

- 1 pound thick-cut bacon, chopped
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 4 (15-ounce) cans navy beans, rinsed and drained
- $\frac{1}{2}$  cup cane syrup



- $\frac{1}{2}$  cup apple cider vinegar
- 3 tablespoons ketchup
- 2 tablespoons Dijon mustard
- $1\frac{1}{2}$  tablespoons light brown sugar
- 2 teaspoons kosher salt
- 2 teaspoons chili powder
- 1 teaspoon ground black pepper

**FIRST** Preheat oven to 400°.

**NEXT** In a large enamel-coated cast-iron braiser, cook bacon over medium heat, stirring occasionally, until crisp, about

12 minutes. Remove bacon using a slotted spoon, and let drain on paper towels, reserving drippings in braiser.

**NEXT** Add onion to braiser; cook, stirring frequently, until tender, about 8 minutes. Add garlic; cook for 1 minute. Stir in beans, cane syrup, vinegar, ketchup, mustard, brown sugar, salt, chili powder, and pepper, and bring to a boil. Stir in half of bacon.

**LAST** Bake, uncovered, until liquid thickens, about 45 minutes. Stir in remaining bacon before serving.



## SORGHUM AND CHILI ROASTED POTATO WEDGES

Makes 4 to 6 servings

*Tender with a sweet and spicy glaze, these potatoes will be a frequent visitor at our table throughout the fall.*

- 3 tablespoons olive oil
- 2 tablespoons sorghum syrup
- 1 tablespoon apple cider vinegar
- 1½ teaspoons kosher salt
- 1 teaspoon stone-ground mustard
- 1 teaspoon chili powder

- 3 medium russet potatoes, cut into wedges
  - 1 small jalapeño pepper, sliced
- Garnish:** sorghum syrup, coarse sea salt

**FIRST** Preheat oven to 425°.

**NEXT** In a large bowl, whisk together oil, sorghum syrup, vinegar, salt, mustard, and chili powder until combined. Stir in potatoes and jalapeño until coated. Place in an even layer on a cast-iron baking sheet.

**LAST** Bake until tender, about 30 minutes, stirring halfway through. Garnish with sorghum syrup and sea salt, if desired.

## CARAMELIZED CAULIFLOWER AND SORGHUM SALAD

Makes 6 to 8 servings

*Sorghum isn't just for making syrup. This salad highlights the whole grain along with its sweet counterpart in a sorghum vinaigrette.*

- 3 cups vegetable stock
- 1¼ teaspoons kosher salt, divided
- 1 cup sorghum grain\*
- 6 tablespoons olive oil, divided
- 1 head cauliflower, cut into florets
- ½ teaspoon ground black pepper, divided
- 2 tablespoons sorghum syrup
- 1 tablespoon apple cider vinegar
- 1 teaspoon bourbon
- 1 teaspoon Dijon mustard
- 2 cups fresh baby arugula
- 3 tablespoons fresh tarragon leaves

**FIRST** In a medium Dutch oven, bring stock and ½ teaspoon salt to a boil over medium-high heat. Add sorghum grain; reduce heat to medium. Cover and cook until tender, 50 to 60 minutes. Drain excess liquid.

**NEXT** In a 12-inch cast-iron skillet, heat 2 tablespoons oil over medium heat. Add cauliflower, ½ teaspoon salt, and ¼ teaspoon pepper; cook, stirring occasionally, until golden brown, about 15 minutes.

**NEXT** In a large bowl, whisk together sorghum syrup, vinegar, bourbon, mustard, and remaining ¼ teaspoon each salt and pepper until combined. Slowly whisk in remaining 4 tablespoons oil until smooth. Stir in sorghum grain, cauliflower, arugula, and tarragon until combined. Serve immediately.

*\*We used Bob's Red Mill Whole Grain Sorghum.*





## MOLASSES WALNUT BANANA BREAD

Makes 1 (8-inch) loaf

*Molasses adds rich flavor and color to this crunchy-topped banana bread.*

- $\frac{1}{4}$  cup whole buttermilk
- 1 teaspoon baking soda
- $\frac{1}{2}$  cup unsalted butter, softened
- $\frac{3}{4}$  cup granulated sugar
- $\frac{1}{3}$  cup molasses
- 2 large eggs
- $2\frac{1}{4}$  cups all-purpose flour
- $\frac{1}{2}$  teaspoon kosher salt
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{4}$  teaspoon ground nutmeg

- $1\frac{1}{2}$  cups mashed ripe banana (about 3 medium bananas)
- 1 teaspoon vanilla extract
- $\frac{1}{2}$  cup chopped walnuts
- 1 large egg white
- 2 tablespoons firmly packed light brown sugar
- $\frac{1}{4}$  cup walnut halves
- Butter, to serve

**FIRST** Preheat oven to 325°. Spray bottom only of an 8x4-inch cast-iron loaf pan with baking spray with flour.

**NEXT** In a small bowl, stir together buttermilk and baking soda; let stand for 5 minutes. In a large bowl, beat butter, granulated sugar, and molasses with a mixer at medium speed until fluffy, 3 to 4 minutes, stopping to scrape sides of

bowl. Add eggs, one at a time, beating well after each addition.

**NEXT** In a medium bowl, whisk together flour, salt, cinnamon, and nutmeg. With mixer on low speed, add flour mixture, buttermilk mixture, and banana to butter mixture, beating until combined. Beat in vanilla. Stir in chopped walnuts until combined. Spread batter into prepared pan. **NEXT** In a small bowl, whisk egg white until frothy; stir in brown sugar. Pour onto batter, and sprinkle with walnut halves.

**LAST** Bake until a wooden pick inserted in center comes out clean, about 1 hour and 45 minutes. Let cool in pan for 20 minutes. Remove from pan, and let cool completely on a wire rack. Serve with butter.

## MAPLE PECAN SWIRL BLONDIES

Makes about 16

*We love the buttery sweetness that maple syrup adds to these moist bars.*

- ¾ cup unsalted butter, melted**
  - ½ cup firmly packed light brown sugar**
  - ⅓ cup maple syrup**
  - 3 large eggs, divided**
  - 1 teaspoon vanilla extract**
  - 2 cups all-purpose flour**
  - ½ teaspoon kosher salt**
  - ½ teaspoon baking powder**
  - ¾ cup chopped pecans, divided**
  - 1 (8-ounce) package cream cheese, softened**
  - ½ cup granulated sugar**
- Maple Caramel Sauce (recipe follows)**

**FIRST** Preheat oven to 350. Spray a 10-inch cast-iron skillet with cooking spray.

**NEXT** In a large bowl, whisk together melted butter, brown sugar, maple syrup, 2 eggs, and vanilla until combined. In a small bowl, whisk together flour, salt, and baking powder until combined. Stir flour mixture into butter mixture until combined; stir in ½ cup pecans. Spread two-thirds of batter into prepared pan.

**NEXT** In a medium bowl, beat cream cheese, granulated sugar, and remaining egg with a mixer at medium speed until combined, about 1 minute. Spread cream cheese mixture onto batter. Drop remaining batter by spoonfuls onto cream cheese mixture; swirl batters together using a knife. Sprinkle with remaining ¼ cup pecans.

**LAST** Bake until a wooden pick inserted in center comes out clean, about 50 minutes. Let cool completely on a wire rack. Cut into bars, and drizzle with Maple Caramel Sauce before serving.



### MAPLE CARAMEL SAUCE

Makes about 1½ cups

- ¾ cup sugar**
- ¼ cup water**
- ¼ teaspoon kosher salt**
- 1 cup heavy whipping cream, room temperature**
- ⅓ cup maple syrup**
- 1 tablespoon unsalted butter, softened**
- 1 teaspoon vanilla extract**

**FIRST** In a small enamel-coated cast-iron skillet, bring sugar, ¼ cup water,

and salt to a boil over medium-low heat. (Do not stir.) Simmer, swirling pan occasionally, until amber colored, 23 to 25 minutes. Remove from heat; gradually stir in cream and maple syrup until smooth. Return skillet to medium-low heat; cook, stirring occasionally, until mixture registers 225° on a candy thermometer, 20 to 25 minutes. Remove from heat; whisk in butter and vanilla until smooth. Let cool to room temperature before using. Refrigerate in an airtight container for up to 1 month. 🍴





# BIDS & BARGAINS

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THE GRISWOLD & CAST-IRON  
COOKWARE ASSOCIATION MEMBERS  
TAKE ON BATON ROUGE FOR THEIR  
ANNUAL CONVENTION, AUCTION,  
AND SWAP MEET

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**W**hen more than 100 cast iron collectors get together, it's sure to be a good time. If those collectors happen to be members of the Griswold & Cast-Iron Cookware Association (G&CICA)—an organization comprised of cast iron enthusiasts who share information about vintage cast iron, help prevent the distribution of fake vintage pieces, and assist in appraising and refurbishing pieces—the party is more likely to have the atmosphere of a family reunion. And each year during the G&CICA National Convention, that's exactly what you'll find.

The buzz builds as men and women greet each other with hugs and claps on the back, share stories of their latest antiques store finds, swap tips for how to best reseason a stripped cast-iron pan, and give each other directions to their new favorite flea market. Their friendships grow with each get-together, bonded by a passion for collecting as strong as the iron that inspires it.

BY MARY-KATE TUCTO / PHOTOGRAPHY BY COLLIN RICHIE PHOTO



# THE AUCTION

The first major event of the conference—the cast iron auction—brings with it an electric energy. Long tables are lined with dozens on dozens of cast-iron skillets, Dutch ovens, and novelties offered up for sale by association members, who are often clearing out space for more new finds or getting rid of duplicate pieces.

Each piece is inspected with a small flashlight to ensure that any crack, ding, or warping is noted for interested bidders. Then white drapes are laid over the pieces, preventing any unintended sneak peeks before the viewing begins.

When the sheets are pulled back and the conference room doors open, game faces emerge. Friendship takes a back seat to the search for that last piece to complete a set or that coveted rare Wapak, Griswold, Wagner, or Erie skillet, Dutch oven, or lid. Bidders take time to comb through the available pieces—inspecting each one with the eagle eye of an experienced collector and noting the numbers of the items they want to bid on when the auctioneer takes the stage.

After an hour or so of staking out prospective pieces, the bidders take their seats, and the auctioneer begins rattling off prices as skillet-shaped paddles bob up and down from the audience. For nearly three hours, there's a focused hush over the crowd as they listen for their numbers to go up for auction.

Some pieces go for less than \$30, while bidding wars push others upward of \$1,200. But when collectors set their mind and wallet on a piece, there's little that can stop them. And as the evening wraps up, 83-year-old Harold Henry—a well-known collector and trained auctioneer—takes over the microphone to surprise and delight his fellow collectors by auctioning off a few skillets.

“The first thing I ever auctioned was a skillet, so it makes sense that a skillet is the last thing I auction off, too,” Harold says with a grin.





**Opposite page** (clockwise from top): A G&CICA member inspects a Griswold skillet before the auction begins; hard-to-find pieces like this Wapak cast-iron waffle iron add a little extra competition to the auction; pieces that aren't cast iron also make appearances, like this Griswold cast-aluminum oval roaster; bidders take notes and raise their skillet-shaped paddles in the air to place bids. **This page** (clockwise from top left): A set of Griswold skillets featuring the company's famous large block logo; auctioneers start the bidding; G&CICA members take down the numbers of the pans they plan to bid on; the interior of an antique diamond-patterned waffle iron; a Griswold skillet rack cleaned up and ready for auction; a "self-basting" Griswold enameled cast-iron skillet lid.





**This page** (clockwise from top left): A pristine set of Griswold enameled cast-iron cookware for sale; Wapak, Birmingham Stove & Range, and other skillets and specialty pans are big sellers; well-maintained cast-iron kettles are hard to find in antiques malls but are easily available for the right price at the swap meet; cast iron expert and collector Harold Henry inspects an antique waffle iron with a fellow G&CICA member. **Opposite page** (clockwise from top): A vintage Lodge and Cracker Barrel co-branded skillet sits among an array of antique pieces; a Griswold hearts and stars waffle iron; various miniature cast-iron pieces and figurines are a popular find among the swap meet tables.

# THE SWAP MEET

The next morning, the G&CICA members wake bright and early to set up for the second big event of the weekend: the swap meet. The conference room that hosted the auction is transformed into the yard sale of a cast iron lover's dreams. Dozens of long folding tables are set up and covered with protective blankets and hundreds of pieces of cast iron for sale. The competitive spirit from the night before has waned and is replaced with good-natured laughter and friendly haggling.

Some members stand behind their tables, wheeling, dealing, and shaking hands as they sell off their extra pieces—no doubt already planning what new cast iron conquest will soon take that skillet's place in their collection. Buyers bargain and bundle their way to impressive deals, carrying stacks of pans through the aisles of the sale, their faces alight with excitement over their finds.

As the selling time draws to a close, the prices drop lower, the piles of new purchases get higher, and the clamor in the room grows as friends talk over the next pieces on their collection wish list that they'll be on the lookout for until next year's convention.

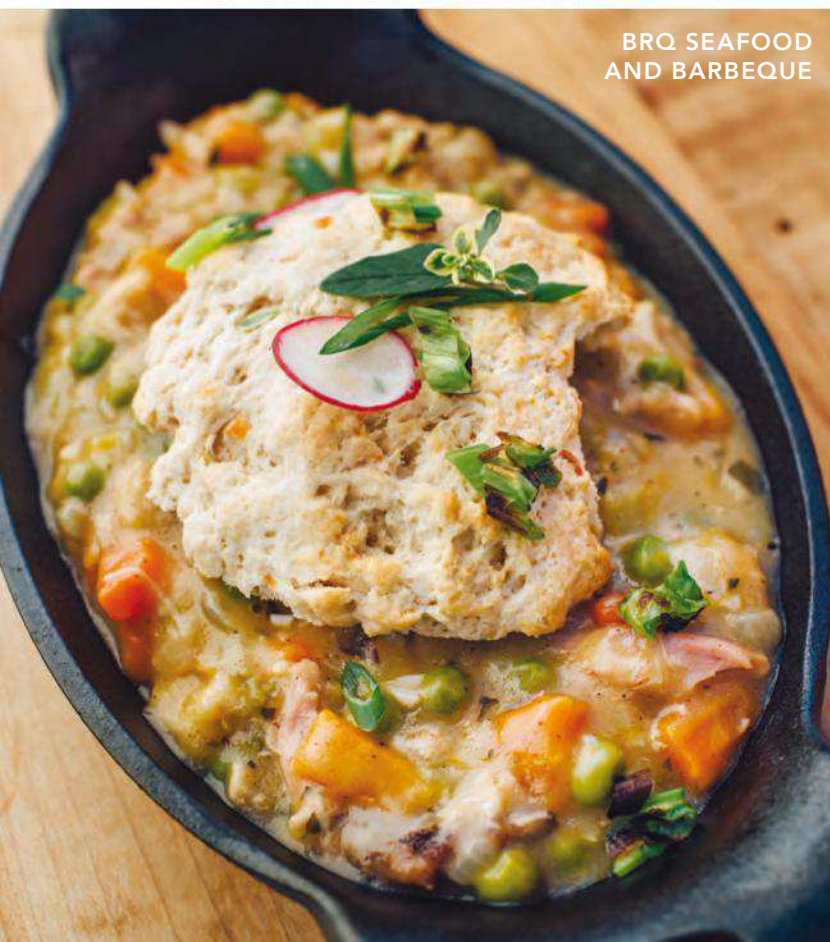




ELSIE'S PLATE & PIE



BRQ SEAFOOD AND BARBEQUE



BRQ SEAFOOD AND BARBEQUE





# WHERE TO EAT AND STAY IN BATON ROUGE

WHEN OUR TEAM HEADED SOUTH TO LOUISIANA'S CAPITAL FOR THE **G&CICA CONVENTION**, THESE SPOTS LEFT US EAGER TO COME BACK FOR MORE.

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## ELSIE'S PLATE & PIE

This newly established Government Street staple is the place to go to feed your Southern (and Creole) cravings. From the pepper jelly-topped pimiento cheese to the mouthwatering Louisiana Poulet Pot Pie to the warm, flaky-crust apple pie topped with a generous scoop of ice cream, we couldn't get enough at this modern take on down-home fare.

*3145 Government Street, Baton Rouge, LA 70806, [elsiespies.com](http://elsiespies.com)*

## CECELIA CREOLE BISTRO

Our team was welcomed to the city with a dinner at this new downtown hotspot, and it did not disappoint. With classics like Shrimp & Grits and gumbo as well as a to-die-for Maple-Bourbon Glazed Cornbread with Whipped Cinnamon Butter served in a hot cast-iron skillet, this casual bistro hits only high notes.

*421 North 3rd Street, Baton Rouge, LA 70802, [ceceliabr.com](http://ceceliabr.com)*

## BRQ SEAFOOD AND BARBEQUE

Our team's last night in Baton Rouge was rounded out with a cast iron-filled feast at chef Justin Ferguson's exciting barbecue joint. Homemade pickles and freshly fried barbecue chips start the show for each diner come suppertime, but there's an endless supply of options from there. Our table was covered edge to edge with miniature cast irons filled with shrimp and grits, barbecue brisket meatballs over mashed potatoes, crawfish étouffée, from-scratch baked beans, roasted fresh corn, and a pile of barbecue so high you could barely see the Texas toast it was served on. If high-quality ingredients, bold flavors, and generous portions call your name, BRQ will be your new Capital City go-to.

*10423 Jefferson Hwy, Baton Rouge, LA 70809, [brqrestaurant.com](http://brqrestaurant.com)*

## THE WATERMARK BATON ROUGE

This historic hotel in the heart of downtown was built in—and themed around—an old bank building. From the beautifully appointed rooms to the eye-catching lobby, the Watermark is a fresh, welcoming mix of modern and industrial styles and old-school glamour that captures the character of its riverside city home.  
*150 Third Street, Baton Rouge, LA 70801, [watermarkbr.com](http://watermarkbr.com)*

**FOR MORE INFORMATION ON  
BATON ROUGE, LOUISIANA,  
CHECK OUT  
[VISITBATONROUGE.COM](http://VISITBATONROUGE.COM).**

# DINNER SKILLET

DELICIOUS MEALS MADE IN ONE PAN

PHOTOGRAPHY BY CAROLINE SMITH  
STYLING BY MARY BETH JONES





SMOKED SAUSAGE  
AND ROASTED PEPPER  
RIGATONI  
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BUTTER PAT



## TURKEY TETRAZZINI

Makes 4 to 6 servings

*Thanks to cast iron, taking this one-skillet meal from the stovetop straight to the oven means you can spend less time cleaning and more time going back for seconds.*

- ½ pound linguini
  - 5 cups cold water
  - 2 teaspoons kosher salt, divided
  - 2 tablespoons unsalted butter
  - 2 cups sliced fresh mushrooms
  - ½ cup chopped sweet onion
  - ½ cup chopped celery
  - ½ cup chopped carrot
  - 2 tablespoons all-purpose flour
  - 2 cups whole milk
  - ½ cup heavy whipping cream
  - ½ teaspoon ground black pepper
  - ½ cup grated fresh Parmesan cheese
  - 3 cups shredded cooked turkey
  - ½ cup frozen peas
  - ¼ cup panko (Japanese bread crumbs)
- Garnish:** chopped fresh parsley

**FIRST** Preheat oven to 350°.

**NEXT** In a 12-inch cast-iron skillet, bring linguini, 5 cups cold water, and 1 teaspoon salt to a boil over medium-high heat, stirring occasionally. Cook, stirring occasionally, until almost tender, about 7 minutes. Drain and set aside.

**NEXT** Wipe skillet clean; add butter, and melt over medium heat. Add mushrooms, onion, celery, and carrot; cook until vegetables begin to soften, 5 to 7 minutes. Sprinkle with flour; cook, stirring frequently, for 1 minute. Whisk in milk, cream, pepper, and remaining 1 teaspoon salt; bring to a simmer. Cook, stirring constantly, until mixture begins to thicken. Remove from heat; stir in cheese. Stir in linguini, turkey, and peas. Cover with foil.

**LAST** Bake until heated through, about 20 minutes. Increase oven temperature to broil. Uncover and sprinkle with bread crumbs. Broil on middle rack of oven until bread crumbs are lightly browned, about 1 minute. Let stand for 5 minutes before serving. Garnish with parsley, if desired.



## SMOKED BRISKET SLOPPY JOES

Makes 4 to 6 servings

*Who doesn't love Sloppy Joes? Made with leftover brisket, this version is one your family will ask for again and again.*

- 1 tablespoon vegetable oil
- ⅔ cup chopped onion
- 1½ cups tomato sauce
- ½ cup ketchup
- 3 tablespoons bread-and-butter pickle juice
- 2 tablespoons firmly packed light brown sugar
- 2 tablespoons Worcestershire sauce
- 1 tablespoon tomato paste
- 2 teaspoons yellow mustard
- ½ teaspoon onion powder

- ½ teaspoon hot sauce
- 4 cups chopped smoked brisket
- ½ cup chopped bread-and-butter pickles

**Toasted hamburger buns, bread-and-butter pickle slices, and shredded Cheddar cheese, to serve**

**FIRST** In a 10-inch cast-iron skillet, heat oil over medium-high heat. Add onion; cook until lightly browned, 2 to 3 minutes. Add tomato sauce, ketchup, pickle juice, brown sugar, Worcestershire, tomato paste, mustard, onion powder, and hot sauce. Reduce heat to medium-low; simmer for 6 minutes. Stir in brisket and pickles. Cook until heated through, about 5 minutes. Serve on toasted buns with pickles and cheese.



## SAUSAGE AND GREENS CORNBREAD PIZZA

Makes 4 to 6 servings

*We took pizza to a deliciously Southern level with a cornbread crust and cheesy sausage and collard greens topping.*

- 6** tablespoons vegetable oil, divided
- 3** links mild Italian pork sausage, casings removed
- $\frac{3}{4}$**  cup chopped onion
- $1\frac{3}{4}$**  cups plain yellow cornmeal
- $\frac{1}{2}$**  cup all-purpose flour
- 1** teaspoon kosher salt
- 1** teaspoon baking powder
- $\frac{1}{4}$**  teaspoon baking soda
- $1\frac{1}{2}$**  cups whole buttermilk
- 1** large egg
- $\frac{2}{3}$**  cup pizza sauce
- 2** cups chopped fresh turnip greens
- 4** ounces whole-milk mozzarella cheese, diced
- $\frac{1}{2}$**  cup shredded smoked Cheddar cheese
- $\frac{1}{4}$**  teaspoon crushed red pepper

**FIRST** Preheat oven to 425°.

**NEXT** In a 12-inch cast-iron skillet, heat 2 tablespoons oil over medium heat. Add sausage and onion; cook until sausage is browned, about 8 minutes. Remove sausage mixture using a slotted spoon, and let drain on paper towels.

**NEXT** Add 2 tablespoons oil to skillet. Place skillet in oven until oil is hot, about 5 minutes.

**NEXT** In a medium bowl, whisk together cornmeal, flour, salt, baking powder, and baking soda. In a small bowl, whisk together buttermilk, egg, and remaining 2 tablespoons oil. Make a well in center of dry ingredients; stir in buttermilk mixture until combined. Slowly pour batter into hot oil in skillet.

**LAST** Bake until top of cornbread begins to feel set, about 6 minutes. Spread pizza sauce onto cornbread. Top with turnip greens, sausage mixture, cheeses, and red pepper. Bake until a wooden pick inserted in center comes out clean, about 15 minutes more. Let stand for 10 minutes before serving.

## CHILI-SPICED BEEF AND EGG NOODLES

Makes about 4 to 6 servings

*Inspired by our favorite childhood dinner, this one-pan supper is our new weeknight staple.*

- 1** tablespoon vegetable oil
- 1** pound ground beef
- $\frac{1}{2}$**  cup chopped onion
- 1** tablespoon all-purpose flour
- 2** teaspoons garlic powder
- $1\frac{1}{2}$**  teaspoons kosher salt
- 1** teaspoon chili powder
- $\frac{1}{2}$**  teaspoon ground cumin
- $\frac{1}{4}$**  teaspoon ground black pepper
- $1\frac{1}{2}$**  cups whole milk
- $1\frac{1}{2}$**  cups beef broth
- $\frac{1}{2}$**  cup tomato sauce
- 3** cups medium egg noodles
- 1** cup shredded Colby-Jack cheese blend

**Sour cream, chopped tomato, sliced green onion, and ground black pepper, to serve**

**FIRST** In a 12-inch cast-iron skillet, heat oil over medium-high heat. Add beef and onion; cook until browned, about 8 minutes. Drain.

**NEXT** In a medium bowl, whisk together flour, garlic powder, salt, chili powder, cumin, and pepper; whisk in milk.

**LAST** Stir milk mixture, broth, and tomato sauce into beef mixture. Bring to a boil over medium-high heat, stirring constantly. Stir in noodles. Reduce heat; cover and simmer, stirring occasionally, until pasta is tender, about 12 minutes. Stir in cheese. Remove from heat. Let stand for 10 minutes before serving. Serve with sour cream, tomato, green onion, and pepper.





## ROASTED ROSEMARY CHICKEN THIGHS AND POTATOES

Makes 4 servings

*Baked with potatoes, onion, and rosemary, these flavorful chicken thighs will be a family favorite in no time.*

- 2 tablespoons vegetable oil
  - 4 large bone-in skin-on chicken thighs
  - 4 medium red potatoes, quartered (about 1½ pounds)
  - 1 large yellow onion, cut into wedges
  - 2½ teaspoons kosher salt, divided
  - 1 teaspoon ground black pepper
  - 1 teaspoon garlic powder
  - 1 tablespoon finely chopped fresh rosemary
- Garnish:** coarse salt, chopped fresh rosemary

**FIRST** Preheat oven to 425°.

**NEXT** In a 12-inch cast-iron skillet, heat oil over medium-high heat. Reduce heat to medium. Sprinkle chicken, potatoes, and onion with 2 teaspoons salt, pepper, and garlic powder. Add chicken, skin side down, to skillet; cook until golden brown, about 3 minutes. Turn and cook until golden brown, about 3 minutes more.

**LAST** Add potatoes and onion to skillet; sprinkle with rosemary and remaining ½ teaspoon salt. Bake, stirring potatoes once, until a meat thermometer inserted in thickest portion of chicken registers 165° and potatoes and onion are tender, about 35 minutes. Garnish with coarse salt and rosemary, if desired.

### KITCHEN TIP

Beets add an earthy sweetness to this pot pie. Be sure to use golden or white beets, as red beets will turn the filling pink.



## ROOT VEGETABLE POT PIE

Makes 6 servings

*Topped with frozen biscuits, this hearty vegetable pot pie is perfect for busy weeknights.*

- 2 tablespoons unsalted butter
- ¾ cup coarsely chopped carrot
- ¾ cup coarsely chopped peeled turnip
- ¾ cup coarsely chopped peeled parsnip
- ¾ cup coarsely chopped peeled golden beet
- ½ cup chopped onion
- ½ cup chopped celery
- 2 tablespoons all-purpose flour
- 2 cups whole milk
- 1 tablespoon chopped fresh sage
- 1¼ teaspoons kosher salt
- ¼ teaspoon ground black pepper

- ¼ cup freshly grated Parmesan cheese
  - 6 frozen biscuits\*
- Garnish:** fresh sage leaves, ground black pepper

**FIRST** Preheat oven to 375°.

**NEXT** In a 10-inch cast-iron skillet, melt butter over medium-high heat. Add carrot, turnip, parsnip, beet, onion, and celery; cook until vegetables are softened, about 5 minutes. Sprinkle flour onto vegetables; cook, stirring frequently, for 1 minute. Add milk, sage, salt, and pepper; bring to a simmer, stirring frequently. Stir in cheese. Remove from heat. Place biscuits on hot vegetable mixture.

**LAST** Bake until biscuits are golden brown, about 28 minutes. Serve immediately. Garnish with sage and pepper, if desired.

\*We used Mary B's Frozen Buttermilk Biscuits.



## SMOKED SAUSAGE AND ROASTED PEPPER RIGATONI

Makes 8 to 10 servings

*Rich tomato sauce clings to every nook and cranny of the rigatoni in this flavor-packed supper.*

- 1 (28-ounce) can crushed tomatoes with basil
  - 1 (16-ounce) jar roasted red peppers, drained
  - 1 tablespoon vegetable oil
  - 1 pound smoked sausage, sliced
  - 1 cup chopped onion
  - 1 pound rigatoni
  - 8 cups cold water
  - 2<sup>3</sup>/<sub>4</sub> teaspoons kosher salt, divided
  - <sup>1</sup>/<sub>4</sub> cup chopped fresh basil
  - 2 teaspoons dried oregano
  - <sup>1</sup>/<sub>2</sub> teaspoon garlic powder
  - <sup>1</sup>/<sub>2</sub> teaspoon crushed red pepper
  - <sup>1</sup>/<sub>2</sub> cup grated fresh Parmesan cheese
- Garnish:** chopped fresh basil, crushed red pepper

**FIRST** In the container of a blender, pulse together tomatoes and roasted red peppers until smooth.

**NEXT** In a deep 12-inch cast-iron skillet, heat oil over medium-high heat. Reduce heat to medium. Add sausage and onion; cook until sausage is browned, about 10 minutes. Remove mixture from skillet.

**NEXT** Add rigatoni, 8 cups cold water, and 2 teaspoons salt to skillet; bring to a boil over medium-high heat, stirring frequently. Cook, stirring frequently, until almost tender, about 8 minutes. Drain.

**LAST** Return pasta to skillet; stir in tomato mixture, sausage mixture, basil, oregano, garlic powder, crushed red pepper, and remaining <sup>3</sup>/<sub>4</sub> teaspoon salt. Cook over medium-low heat, stirring frequently, until heated through, 5 to 7 minutes. Sprinkle with cheese. Garnish with basil and red pepper, if desired.

# PORK CHOPS WITH CABBAGE AND APPLES

Makes 4 servings

*Seared chops cooked with mustard-braised cabbage and apples are sure to bring everyone to the table.*

- 6 slices thick-cut bacon, chopped
- 4 ( $\frac{3}{4}$ -inch-thick) pork rib chops
- $1\frac{1}{2}$  teaspoons kosher salt, divided
- $\frac{3}{4}$  teaspoon ground black pepper
- 4 cups chopped green cabbage
- 3 cups sliced Braeburn apple
- 1 cup chopped onion
- $\frac{1}{2}$  cup water
- 3 tablespoons stone-ground mustard

**FIRST** In a 12-inch cast-iron skillet, cook bacon over medium-high heat until crisp. Remove bacon using a slotted spoon, and let drain on paper towels, reserving drippings in skillet.

**NEXT** Sprinkle pork chops with 1 teaspoon salt and  $\frac{1}{2}$  teaspoon pepper. Add pork chops to skillet; cook until browned, about 2 minutes per side. Remove from skillet.

**LAST** Add cabbage, apple, and onion to skillet; cook, stirring frequently, until crisp-tender, about 4 minutes. Add  $\frac{1}{2}$  cup water, mustard, remaining  $\frac{1}{2}$  teaspoon salt, and remaining  $\frac{1}{4}$  teaspoon pepper, stirring to combine. Top with pork chops. Cover and cook over medium-low heat until tender, 15 to 20 minutes. Sprinkle with bacon. Serve immediately. ●



# A TASTE OF... THE CARIBBEAN

CHEF NINA COMPTON SHARES THE FLAVORS OF HER ISLAND ROOTS  
WITH HER ADOPTED SOUTHERN HOME

RECIPES ADAPTED, WITH PERMISSION, FROM CHEF NINA COMPTON,  
COMPÈRE LAPIN AND BYWATER AMERICAN BISTRO

**B**orn and raised on the small Caribbean island of St. Lucia, educated in England, and now spearheading two of New Orleans' most buzzed-about restaurants, Nina Compton has crafted a unique perspective on food. She left her island home with the notion of becoming a chef, enrolled in culinary school in the United States, and has been raising the bar ever since. Nina got her culinary start at famed big-city restaurants, apprenticing at DANIEL in New York City under Chef Daniel Boulud and later working as chef de cuisine at Scott Conant's Scarpetta in Miami.

She first stepped on New Orleans soil when the hit TV show *Top Chef* came calling—on which she became the Season 11 runner-up and fan favorite. After living in the Crescent City while competing on the show, Nina and her husband, Larry Miller, decided to plant their roots in the storied locale and open their first restaurant—the critically acclaimed Compère Lapin—in 2015. At Compère Lapin, Nina's menu embodies her roots, which extend from St. Lucia to Europe to New York to Miami to New Orleans, giving it a distinct flair all its own that locals and tourists alike can't get enough of. And after opening a second restaurant, Bywater American Bistro, and winning her first James Beard Foundation Award for Best Chef: South this year, it looks like Nina has only just begun.



FOOD STYLING BY VANESSA ROCCHIO  
STYLING BY MARY BETH JONES



## TELL US ABOUT YOUR CHILDHOOD IN ST. LUCIA.

My mom loved to bake, but my grandmother was the real cook in the family, and we were very close. I learned so much from watching her in the kitchen and, as I got a little older, she'd let me help her cook. She's British and was a nurse who loved to have afternoon tea—she'd make little sandwiches and tea with fresh fruit, and we'd sit and talk for hours. She let me help in the kitchen as I got older.

## WHAT KIND OF FOOD DID YOU EAT GROWING UP?

We ate lots of fish, like green fig and salt fish, flying fish and parsley sauce, and my grandmother also loved lamb, so we ate that, too. Of course, we had incredible fresh fruits and vegetables available to us [on the island], so that played a central role in every meal.

## WAS CAST-IRON COOKWARE A BIG PART OF YOUR FAMILY'S COOKING?

We used cast-iron skillets to make fried accra, which is a street food on the islands, using malanga [a starchy root vegetable]. Now, I use cast-iron skillets for some of my dishes at the restaurants and at home if we want to make great fried foods.

## WHAT MADE YOU DECIDE TO MOVE TO THE UNITED STATES?

After I attended school in England, I came back to St. Lucia and told my parents I wanted to be in the food world. I got an internship at a hotel in Jamaica, and while I was there, I fell in love with being in the kitchen and cooking. I went back to St. Lucia after the internship and knew I wanted to go to culinary school. So I enrolled at the Culinary Institute of America (CIA) in Hyde Park, New York, and the rest is history. I remember going to my first Thanksgiving that year with a friend from CIA and really enjoyed the family tradition and food traditions of that holiday. We don't have Thanksgiving in St. Lucia, but it still reminded me of our family dinners back home. I love going home as much as I can. Of course, now with two restaurants, it's a bit more challenging.

## WHAT BROUGHT YOU TO THE SOUTH?

I was working in Miami and had the opportunity to be on *Top Chef: New Orleans*. Once I got here, I fell in love and knew I wanted to make it my home.

**“NEW ORLEANS AND THE CARIBBEAN ARE QUITE SIMILAR—BOTH ARE HEAVILY INFLUENCED BY SPICES AND FLAVORS.”**

**—NINA COMPTON**

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## HOW DO THE SOUTHERN FLAVORS OF YOUR NEW HOME AND THE CARIBBEAN FLAVORS OF YOUR HERITAGE INFLUENCE YOU TODAY?

New Orleans and the Caribbean are quite similar—both are heavily influenced by spices and flavors. Southern regional cooking and Caribbean ingredients go hand in hand and create such a harmony. For instance, I do conch croquettes with pickled pineapple tartar sauce, spiced pig ears, jerk corn—all represent the flavors and ingredients of the South and the Caribbean.

## DO YOU SEE ANY SIMILARITIES IN THE INGREDIENTS OR COOKING STYLES OF THE AMERICAN SOUTH AND THE CARIBBEAN?

Absolutely—Creole cuisine, for instance, is influenced by West African culture—as is the Caribbean. Spices, cala, and other dishes are common in both places.

## MANY PEOPLE THINK OF CARIBBEAN FOOD AS SPICY. IS THIS THE CASE?

Caribbean food has spice, but that's not to say it's spicy. Allspice, cloves, nutmeg, curry, cinnamon—they're all common spices, but aren't necessarily spicy in terms of heat. Of course, we do have our great chiles and peppers though!

## WHAT ARE SOME OF YOUR FAVORITE WAYS TO INCORPORATE CARIBBEAN FLAVORS INTO SOUTHERN DISHES AND VICE VERSA?

Caribbean and Southern flavors work beautifully together. I do a Crispy Dirty Rice Arancini and serve it with a Sour Orange Mojo. Black drum is a great Gulf fish used in a lot of Southern cooking, so I often do a jerk version of the fish.

FRIED GULF OYSTERS  
WITH OYSTER GRAVY  
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## CARIBBEAN SEAFOOD PEPPER POT

Makes 4 servings

Recipe adapted from Nina Compton

*Gently spiced with ginger, lemongrass, and star anise, this soup is both warming and light.*

- ¼ cup plus 2 tablespoons olive oil, divided**
- 1 navel orange, zested and juiced**
- 1 lemon, zested and juiced**
- 1 lime, zested and juiced**
- 4 (6-ounce) grouper fillets**
- ½ medium yellow onion, thinly sliced**
- 1 (¼-inch) piece fresh ginger, peeled and thinly sliced**
- ½ serrano pepper, seeded and chopped**

- 1 (1-inch) piece lemongrass, smashed**
- 2 cups chopped butternut squash**

### Lobster Stock (recipe follows)

- 1 (13.5-ounce) can unsweetened coconut milk**
- 2 medium shallots, thinly sliced**
- 1 medium fennel bulb, thinly sliced**
- ½ teaspoon sherry vinegar**
- ½ teaspoon kosher salt**

**Garnish:** fennel fronds, fresh mint, fresh basil

**FIRST** In a medium glass bowl, combine ¼ cup oil and zests. Add fish, turning to coat. Cover and refrigerate for 1 hour.

**NEXT** In an enamel-coated cast-iron Dutch oven, cook onion, ginger, serrano, and lemongrass over medium heat until fragrant, 2 to 3 minutes. Add squash; cook, stirring frequently, until slightly softened, about 10 minutes. Add Lobster Stock and coconut milk; simmer until vegetables are tender, about 30 minutes.

**NEXT** Let stand until slightly cooled, about 30 minutes; discard lemongrass. Using an immersion blender, purée soup until smooth. Keep soup warm.

**NEXT** Remove fish from oil mixture, reserving 2 tablespoons oil mixture. In a 10-inch cast-iron skillet, heat reserved 2 tablespoons oil mixture over medium heat. Add shallot and fennel; cook until golden brown. Stir in citrus juices and vinegar; cook until almost all juices have evaporated, 2 to 4 minutes. Transfer to a bowl, and wipe skillet clean.

**NEXT** In same skillet, heat remaining 2 tablespoons oil over medium heat. Add fish; cook until fish flakes easily with a fork, 4 to 6 minutes per side. Remove from heat; sprinkle with salt.

**LAST** To serve, ladle 1 cup soup in 4 shallow soup bowls. Place one fish fillet in each bowl, and top with vegetables. Garnish with fennel fronds, mint, and basil, if desired.

## LOBSTER STOCK

Makes 4 cups

- 4 cups water**
- 2 tablespoons lobster base**
- 1½ teaspoons grated fresh ginger**
- ½ teaspoon coriander seed, crushed**
- 1 clove garlic, grated**
- 1 star anise**

**FIRST** In a large enameled cast-iron Dutch oven, bring all ingredients to a boil over medium-high heat. Reduce heat, and simmer for 30 minutes. Strain, discarding solids.

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## KITCHEN TIP

Nina makes her lobster stock from scratch using leftover shells. Using lobster base helps achieve a similar flavor with a little less effort. Chicken, vegetable, or another seafood stock will work as well—just be sure to steep with the spices. They add deeper flavor to the finished soup.

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# FRIED GULF OYSTERS WITH OYSTER GRAVY

Makes 6 to 8 servings

Recipe adapted from Nina Compton

*Fried oysters add a richness and depth of flavor to the gravy balanced by a touch of acidity from the lemon vinaigrette.*

**3** tablespoons whole wheat flour

**3** tablespoons olive oil

**1** medium mirliton, seeded and grated

Vegetable oil, for frying

**¾** cup plain yellow cornmeal

**¾** cup all-purpose flour

**1** tablespoon Jerk Spice (recipe follows)

**22** select fresh oysters, shucked and drained

**1** cup heavy whipping cream

**1** tablespoon fresh lemon juice

**2** teaspoons kosher salt

**2** teaspoons Worcestershire sauce

Lemon Vinaigrette Rice (recipe follows)

Lemon wedges, to serve

Garnish: chopped fresh chives

**FIRST** In a medium cast-iron skillet, whisk together whole wheat flour and oil over medium heat. Cook, stirring constantly, until a dark roux forms, about 20 minutes. Add mirliton; cook for 2 to 3 minutes. Remove from heat; let cool for 10 minutes.

**NEXT** In a large deep cast-iron skillet, pour oil to a depth of 2 inches, and heat over medium heat until a deep-fry thermometer registers 350°.

**NEXT** In a small bowl, whisk together cornmeal, all-purpose flour, and Jerk Spice. Working in batches, dredge oysters in cornmeal mixture until well coated, shaking off excess. Place oysters in hot oil, and fry until golden brown, 1 to 2 minutes per side. Let drain on paper towels; keep warm.

**NEXT** In the container of a blender, pulse together mirliton mixture, 6 fried oysters, cream, lemon juice, salt, and Worcestershire until puréed. Return mixture to medium skillet; heat until warmed and thickened.

**LAST** To serve, place Lemon Vinaigrette Rice on serving plates. Top with oyster gravy and fried oysters. Serve with lemon wedges, and garnish with chives, if desired.

## JERK SPICE

Makes about ⅓ cup

**1½** tablespoons firmly packed light brown sugar

**1½** tablespoons paprika

**1** tablespoon onion powder

**1** tablespoon garlic powder

**1½** teaspoons ground ginger

**1½** teaspoons ground cinnamon

**1½** teaspoons ground allspice

**1½** teaspoons ground red pepper

**FIRST** In a small bowl, combine all ingredients. Store in an airtight container for up to 4 weeks.

## LEMON VINAIGRETTE RICE

Makes 4 cups

**¼** cup olive oil

**2** tablespoons canola oil

**2** tablespoons fresh lemon juice

**1½** teaspoons sugar

**1½** teaspoons water

**1** teaspoon kosher salt

**2** cups jasmine rice, cooked according to package directions

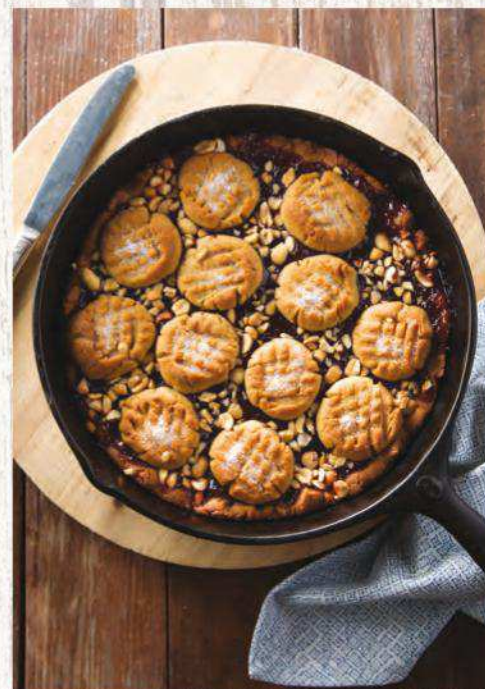
**FIRST** In a small bowl, whisk together oils, lemon juice, sugar, 1½ teaspoons water, and salt. Stir in cooked rice. Serve immediately. ●





# FOOTBALL FEAST

FEED A CROWD FOR ANY BIG GAME



PHOTOGRAPHY BY JIM BATHIE  
FOOD STYLING BY KATHLEEN KANEN

BEER AND MUSTARD  
BOILED PEANUTS  
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PARTY QUESO DIP  
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## BEER AND MUSTARD BOILED PEANUTS

Makes about 12 servings

*If you love boiled peanuts, these are a must-try. Save the craft brews for drinking—a cheaper beer works great for this.*

- 2 pounds unshelled raw peanuts, rinsed**
- 6 (12-ounce) cans lager beer**
- 1 (10-ounce) bottle stone-ground mustard**
- 1 tablespoon kosher salt**
- ½ teaspoon ground red pepper**

**FIRST** In a large enamel-coated cast-iron Dutch oven, combine peanuts and water to cover. Let stand for 30 minutes. Drain. Return peanuts to Dutch oven.

**LAST** Add beer, mustard, salt, and red pepper; bring to a boil over medium-high heat. Reduce heat; simmer, partially covered, until tender, about 6 hours, adding water, 1 cup at a time, as needed. (Peanuts should stay submerged in liquid.) Let cool in cooking liquid. Refrigerate for up to 1 week in an airtight container.

## PARTY QUESO DIP

Makes about 3½ cups

*Your team has the ball on the three-yard line, and it's fourth down and inches. Instead of biting your nails, try dipping a tortilla chip into this spicy cheese dip.*

- 3 links fresh chorizo sausage, casings removed**
- 1 (16-ounce) package processed cheese product\*, cubed**
- 1 cup shredded Monterey Jack cheese**
- ½ cup whole milk, divided**
- 1 (10-ounce) can tomatoes with green chiles, undrained**
- ¼ teaspoon garlic powder**
- ¼ teaspoon kosher salt**
- Tortilla chips, to serve**
- Garnish: chopped fresh cilantro, finely chopped red bell pepper, finely chopped yellow bell pepper**

**FIRST** In a 10-inch cast-iron skillet, cook chorizo over medium heat until browned and crumbly, 8 to 10 minutes. Drain. Wipe skillet clean.

**LAST** Add cheese product, cheese, and ¼ cup milk to skillet; cook, stirring frequently, until melted, about 7 minutes. Add chorizo, tomatoes with chiles, garlic powder, and salt; cook, stirring frequently, until smooth, about 6 minutes. Add remaining ¼ cup milk to thin, if necessary. Garnish with cilantro and bell peppers, if desired. Serve with tortilla chips.

*\*We used Velveeta.*

## SMOKED BRISKET CHILI

Makes about 3 quarts

*Using smoked brisket adds an extra layer of flavor to this traditional Texas chili.*

- 1 tablespoon vegetable oil**
- 2 cups chopped onion**
- 4 cups beef broth**
- 2 (15-ounce) cans pinto beans, rinsed and drained**
- 2 (15-ounce) cans mild chili-style black beans, drained**
- 1 (28-ounce) can chunky-style crushed tomatoes**
- 3 tablespoons tomato paste**
- 1 tablespoon chili powder**
- 2 teaspoons ground cumin**
- 1½ teaspoons kosher salt**
- 1 teaspoon garlic powder**
- ¼ teaspoon ground black pepper**
- 1 pound smoked beef brisket, cut into ¾-inch pieces**

**Queso fresco and sliced jalapeño, to serve**

**FIRST** In a large cast-iron Dutch oven, heat oil over medium-high heat. Reduce heat to medium. Add onion; cook until lightly browned, about 5 minutes. Add broth, beans, tomatoes, tomato paste, chili powder, cumin, salt, garlic powder, and pepper; bring to a low boil. Reduce heat to medium-low; simmer for 20 minutes, stirring occasionally.

**LAST** Add brisket; cook until heated through, about 20 minutes. Serve with queso fresco and jalapeño.

## BUTTERMILK HERB CORN MUFFINS

Makes 12

*These hearty muffins are perfect on their own with a generous slathering of butter, but we also love them crumbled into a bowl of Smoked Brisket Chili.*

- 5 tablespoons vegetable oil, divided**
- 1 cup plain yellow cornmeal**
- 1 cup all-purpose flour**
- 1 tablespoon sugar**
- 1 tablespoon chopped fresh sage**
- 1 tablespoon chopped fresh chives**
- 2 teaspoons baking powder**
- 1 teaspoon kosher salt**
- ⅛ teaspoon ground red pepper**
- 1 cup whole buttermilk**
- 1 large egg**
- Butter, to serve**
- Garnish: fresh chives**

**FIRST** Preheat oven to 425°. Spoon ½ teaspoon oil into each well of 2 (6-cup) cast-iron muffin pans. Place pans in oven until oil is very hot, about 5 minutes.

**NEXT** In a medium bowl, whisk together cornmeal, flour, sugar, sage, chives, baking powder, salt, and red pepper. In a small bowl, whisk together buttermilk, egg, and remaining 3 tablespoons oil. Stir buttermilk mixture into cornmeal mixture until moistened. Spoon batter into hot muffin cups, filling about two-thirds full.

**LAST** Bake until a wooden pick inserted in center comes out clean, about 13 minutes. Let cool in pans on a cooling rack for 15 minutes. Run a knife around edges of muffins, and remove from pans. Serve with butter. Garnish with chives, if desired.





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## PRESSED CUBAN SLIDERS

Makes 12

*Baking these Cuban-inspired sandwiches between two cast-iron skillets mimics the sandwich press used on its traditional counterpart.*

- 1/2 cup yellow mustard
- 12 Hawaiian sweet rolls, halved
- 9 slices Swiss cheese, quartered
- 12 (1/2-ounce) very thin slices ham
- 8 ounces pulled smoked pork
- 24 dill pickle slices
- 1 tablespoon unsalted butter

**FIRST** Preheat oven to 350°.

**NEXT** Spread a thin layer of mustard onto cut side of bottom half of roll. Layer with 1 cheese quarter, 1 ham slice, another cheese quarter, about 1/2 ounce smoked pork, another cheese quarter, 2 pickle slices, and top of roll. Secure with a wooden pick. Repeat with remaining rolls.

**NEXT** In a 10-inch cast-iron skillet, melt butter over medium heat, swirling to coat. Reduce heat to low. Place one sandwich in center of skillet. Closely fit remaining sandwiches in skillet. Lightly spray top of sandwiches with cooking spray. Remove wooden picks. Heat another 10-inch cast-iron skillet over medium-low heat until warm. (Do not overheat.) Place on top of sandwiches.

**LAST** Bake until sandwiches are heated through and cheese is melted, 8 to 10 minutes.

## GRILLED SLAW WITH CIDER DRESSING

Makes about 10 cups

*A cider vinaigrette and a hint of smoke from the grilled vegetables create zesty, full-bodied flavor in this chopped slaw.*

- 1 small head green cabbage (about 2 pounds)
- 1 small red onion (about 6 ounces)
- 8 tablespoons canola oil, divided
- 1 cup shredded carrot

- 1/2 cup apple cider vinegar
- 1 tablespoon sugar
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon ground black pepper

**FIRST** Cut cabbage and onion in half, leaving cores intact. Cut each cabbage half and each onion half into 3 wedges. Brush wedges with 2 tablespoons oil.

**NEXT** Heat a cast-iron grill pan over medium-high heat. Reduce heat to medium; brush with 1 tablespoon oil. Working in batches, cook cabbage and onion, cut side down, until grill marks form, 1 to 2 minutes per side. (Cabbage and onion will still be crunchy, not tender.) Let cool slightly; coarsely chop.

**LAST** In a large bowl, whisk together vinegar, sugar, salt, pepper, and remaining 5 tablespoons oil. Add grilled vegetables and carrot; toss to combine. Cover and refrigerate until chilled, about 2 hours.

## SKILLET PEANUT BUTTER AND JELLY COOKIE

Makes 1 (10-inch) cookie

*The best tailgating parties include plenty of snacks to munch on, like this skillet cookie. It's a peanut butter-lover's idea of heaven.*

- 3/4 cup creamy peanut butter
- 1/2 cup unsalted butter, softened
- 1 teaspoon vanilla extract
- 1 large egg
- 1 1/2 cups all-purpose flour
- 3/4 cup firmly packed light brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 1 cup strawberry preserves
- 1/4 cup salted peanuts, chopped
- 2 teaspoons granulated sugar

**FIRST** Preheat oven to 350°. Spray a 10-inch cast-iron skillet with baking spray with flour.

**NEXT** In a large bowl, beat peanut butter and butter with a mixer at medium speed until creamy. Beat in vanilla and egg.

**NEXT** In a medium bowl, whisk together flour, brown sugar, baking powder, and salt. Gradually add flour mixture to peanut butter mixture, beating until combined. (Dough will be thick.) Reserve

1 cup dough. Press remaining dough into bottom and 1/2 inch up sides of prepared pan. Refrigerate while preparing topping.

**NEXT** Divide reserved 1 cup dough into 12 portions. Roll each portion into a ball. Place balls on a lightly floured surface. Using a fork dipped in flour, make a crisscross pattern on top of each ball, flattening slightly.

**NEXT** Remove skillet from refrigerator, and spread preserves onto dough. Place pressed dough about 1/2 inch apart on top of preserves. Sprinkle chopped peanuts onto preserves.

**LAST** Bake until golden brown, about 28 minutes. Sprinkle granulated sugar onto warm cookies. Let cool completely on a wire rack. Cut into squares to serve.

## CARAMEL-FILLED BROWNIES

Makes 8

*Interception! And your team scores! Celebrate with one of these gooey, chocolaty brownies.*

- 1 cup plus 2 teaspoons sugar, divided
- 3/4 cup all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon baking powder
- 6 tablespoons unsalted butter, melted
- 1 teaspoon vanilla extract
- 2 large eggs
- 8 soft vanilla caramels\*, halved
- Caramel sauce, to serve

**FIRST** Preheat oven to 350°. Lightly spray a cast-iron wedge pan with baking spray with flour.

**NEXT** In a large bowl, whisk together 1 cup sugar, flour, cocoa, salt, and baking powder. Stir in melted butter, vanilla, and eggs until moistened. Scoop batter into prepared wedges, spreading evenly. Place 2 caramel halves on each wedge.

**LAST** Bake until top is set and a wooden pick inserted in centers comes out mostly clean, 25 to 30 minutes. Sprinkle remaining 2 teaspoons sugar onto warm brownies. Let cool in pan for 1 hour. Run a knife around edges of brownies, and gently remove from pan. Drizzle with caramel sauce before serving. 🍪

\*We used Kraft Caramels.



# AROUND THE FIRE WITH SEA ISLAND FORGE

CRAFTING TOGETHERNESS IN  
GEORGIA'S GOLDEN ISLES

BY MARY-KATE TUCTO / PHOTOGRAPHY COURTESY OF GABRIEL HANWAY



In generations past, gathering around a hot cast-iron kettle was something akin to a modern-day block party. In those days, it was the vessel for boiling cane sugar juice down into syrup—a lengthy process that drew friends and neighbors together around the massive cauldron, with its richly sweet aroma, turning the affair into a social event.

“It would be kind of a celebration that would take days,” says Sandy Schoettle, co-owner of Sea Island Forge. “People would just come together as it was working and be feeding those relationships.”

It was this concept of connecting around the fire that inspired Sandy, a photographer and professional artist, and her husband, Steve, a contractor with a penchant for metalworking, to step outside of their career comfort zones. When their two children were getting ready to go to college, the couple decided to fill their near-empty nest in Sea Island, Georgia, with a new addition: a small business named Sea Island Forge. Nestled in the heart of Georgia’s Golden Isles, this fledgling metal-forging operation found its roots in this legacy of togetherness. Four years after they debuted their first piece at the Sea Island Farmers’ Market in 2014, that legacy has continued to grow.

“It’s all about relationships and gathering around the fire,” Sandy says. “Part of it was inspired by our kids going off to college. We knew we wanted a gathering spot that wasn’t just around the dining room table.”

**“EVERY PIECE WE FORGE AND FABRICATE, WE DO SO WITH THE IDEA OF GATHERING AROUND THE KETTLE FOR MANY GENERATIONS.”**  
—STEVE SCHOETTLE

With their flagship product—a fire pit called the Fire Kettle, that can be fitted with grill and griddle tops—the Schoettles essentially crafted a mobile hearth for the home. From the backyard to the beach to anywhere families and friends can get together outdoors, Steve and Sandy’s first creation serves as a centerpiece. Inspired by the old-school cast-iron kettles that anchored those Southern cane syrup boils of old, Sea Island Forge’s kettle carries that legacy into the 21st century—with a few adjustments. In addition to attachments for grilling, searing, and sautéing, their team of metalworkers tackled the challenge of reworking the shape and material of the original pots to achieve Steve and Sandy’s vision.





“The antique kettles were originally designed to have the fire under them and the ingredients inside them,” Steve says. “That’s why you see so many of them that are cracked these days—because people have tried to turn them into fire pits, and that isn’t what they were designed for. We wanted to have a custom fire pit that is inspired by the originals, but is designed and engineered to have the fire inside of it. We did a lot of work to get the bowl to breathe right. If it’s too deep, the fire won’t bring in enough oxygen on its own and will smother itself, but if it’s too shallow, you don’t get the air cushion or refraction of the heat from the side of the bowl into the core of the fire for an efficient burn.”

But the inspiration didn’t stop there. The design team turned to the old black iron kettles when selecting the material to craft it from, as well. And while the stand for the kettle is made of wrought steel, the bowl (the structure that holds the wood or charcoal and the fire) is constructed of ½-inch-thick ductile cast iron, making it extremely durable—and worthy of being handed down in the family like a prized cast-iron skillet. Steve and Sandy hope that in addition to being an entertainment centerpiece, the Fire Kettle becomes a connecting thread in family memories.

“Every piece we forge and fabricate, we do so with the idea of gathering around the kettle for many generations,” Steve says. “We intend for great-grandchildren to argue over who gets to inherit the kettle.”

From searing steak on the griddle attachment to getting gorgeous char lines on a fillet of fish over the grill to roasting toasty marshmallows over the kettle, there’s no limit to the culinary memories to be made around the crackling flames. Because when Southerners get together with good food, good friends, and a quality cast-iron piece—whether it be a skillet, Dutch oven, or kettle—it’s sure to be a good time.

“Everything is just better around the fire,” Steve says. “The stories are more interesting, the jokes are funnier, the wine is sweeter, the food more delicious. And our business is about bringing that into people’s lives—it’s about building memories over the generations and connecting the generations. The Fire Kettle just provides a canvas for people to get together and to paint memories.”

## GRILLED FISH WITH GREEN TOMATO SALSA VERDE

Recipe adapted from Chef Cory Bahr

Makes 4 servings

*Green tomatoes bring extra brightness and texture to this spin on classic tomatillo salsa.*

**Bamboo skewers, soaked in water for at least 1 hour**

- 2 medium red onions, sliced ½ inch thick**
- 3 tablespoons extra-virgin olive oil, divided**
- 1 large fresh pineapple, peeled, cored, and sliced ½ inch thick**
- 2 lemons, halved**
- 4 (6- to 8-ounce) snapper fillets (½ to ¾ inch thick)**
- ½ teaspoon kosher salt**
- 1 cup assorted fresh herbs (such as mint, tarragon, dill, parsley, chervil, or chives), stemmed and chopped**

**1 lemon, juiced**  
**Green Tomato Salsa Verde (recipe follows)**

**FIRST** Spray grill rack or grate with nonflammable cooking spray. Preheat grill to medium-high heat (350° to 400°).

**NEXT** Carefully thread onions onto skewers. Brush 2 tablespoons oil onto onions, pineapple rings, and cut side of lemons. Grill pineapple until just beginning to char, 2 to 3 minutes per side. Grill lemons, cut side down, until charred, 2 to 3 minutes. Grill onions until crisp-tender and beginning to char, 3 to 4 minutes per side.

**NEXT** Brush fish fillets with remaining 1 tablespoon oil, and sprinkle with salt. In a small bowl, stir together herbs and lemon juice; rub mixture all over fish. Grill fish until flesh is white and firm, about 4 minutes per side.

**LAST** Serve fish immediately with grilled onions, pineapple, and lemons and Green Tomato Salsa Verde.

### GREEN TOMATO SALSA VERDE

Makes about 2 cups

- 1 small green tomato, diced**
- ½ cup chopped fresh flat-leaf parsley**
- ½ cup chopped fresh cilantro**
- ½ cup extra-virgin olive oil**
- ¼ cup chopped fresh tarragon**
- ¼ cup fresh lime juice**
- ¼ cup unseasoned rice vinegar**
- 2 shallots, finely diced**
- 2 cloves garlic, grated**
- 1 jalapeño, seeded and finely diced**
- ¾ teaspoon kosher salt**

**FIRST** In a large bowl, stir together all ingredients until combined. Store refrigerated in an airtight container for up 1 week. 🍴



To learn more about Sea Island Forge and their products, visit [seaislandforge.com](http://seaislandforge.com).

# NEW WAYS WITH THE SQUARE SKILLET

We're teaching this classic pan new sweet  
and savory tricks



# STREUSEL-TOPPED FUDGY BROWNIES

Makes 12

*Inspired by our love for coffee cake's crumbly top (and our addiction to chocolate), these brownies are our new favorite.*

## Topping:

- ½ cup all-purpose flour
- ¼ cup chopped peanuts
- 3 tablespoons firmly packed light brown sugar
- 1½ tablespoons unsweetened cocoa powder
- 3 tablespoon cold unsalted butter, cubed

## Brownies:

- 1 cup sugar
- ½ cup unsalted butter, melted
- 2 large eggs
- 1 teaspoon vanilla extract
- ½ cup all-purpose flour
- ⅓ cup unsweetened cocoa powder
- ½ teaspoon baking powder
- ⅛ teaspoon kosher salt

**FIRST** Preheat oven to 350°. Spray a 10-inch square cast-iron skillet with cooking spray.

**NEXT** For topping: In a small bowl, stir together flour, peanuts, brown sugar, and cocoa. Using your hands, knead in cold butter until mixture is crumbly. Refrigerate until ready to use.

**NEXT** For brownies: In a medium bowl, whisk together sugar, melted butter, eggs, and vanilla. In a small bowl, whisk together flour, cocoa, baking powder, and salt.

Whisk flour mixture into sugar mixture until smooth. Spread batter into prepared skillet. Bake for 15 minutes.

**LAST** Sprinkle topping onto brownie. Bake until a wooden pick inserted in center comes out clean, about 15 minutes more. Let cool for 20 to 30 minutes before cutting and serving.

# PIMIENTO CHEESE CORNBREAD

Makes 1 (10-inch) skillet

*Two Southern favorites collide in this cheesy, slightly spicy cornbread.*

- 2 tablespoons unsalted butter
- 1½ cups plain yellow cornmeal



- ½ cup all-purpose flour
- 1 tablespoon baking powder
- 1½ teaspoons kosher salt
- 1½ cups spicy pimiento cheese\*
- 1½ cups whole buttermilk
- 2 tablespoons unsalted butter, melted
- 2 large eggs

**FIRST** Preheat oven to 375°.

**NEXT** Place butter in a 10-inch square cast-iron skillet. Place skillet in oven until butter is melted, about 5 minutes.

**NEXT** In a medium bowl, whisk together cornmeal, flour, baking powder, and salt.

Stir in pimiento cheese with a rubber spatula until well combined.

**NEXT** In a small bowl, whisk together buttermilk, melted butter, and eggs. Stir buttermilk mixture into cornmeal mixture, just until combined. Spread batter into hot skillet.

**LAST** Bake until a wooden pick inserted in center comes out clean, about 30 minutes. Let cool for 10 minutes before serving.

*\*We used Pawleys Island Palmetto Cheese with Jalapenos.*



# FLAKY BUTTERMILK BISCUITS

Makes 9

*The process of folding and rolling this buttery dough is the key to defined, sky-high layers.*

- 1 cup plus 1 tablespoon cold unsalted butter, cubed**
- 4 cups self-rising flour**
- 1 tablespoon sugar**
- 1½ teaspoons kosher salt**
- 1½ cups whole buttermilk**
- 1 tablespoon unsalted butter, melted**  
**Butter, to serve**

**FIRST** Preheat oven to 425°. Place 1 tablespoon butter in a 10-inch square cast-iron skillet. Place skillet in oven until butter is melted.

**NEXT** In the work bowl of a food processor, pulse together flour, 1 cup cold butter, sugar, and salt until butter is pea-size. Transfer flour mixture to a large bowl; fold in buttermilk using a rubber spatula until well combined. (Dough will be slightly sticky.)

**NEXT** Turn out dough onto a heavily floured surface, and work dough together to form a ball. Roll dough to ½-inch thickness. Fold dough in thirds, like a letter, sprinkling with more flour to prevent sticking to work surface as necessary. Roll dough to ½-inch thickness, and fold in thirds again. Repeat procedure 5 more times. Roll dough into an 8-inch square.

**NEXT** Transfer dough to prepared skillet. Cut dough into 9 squares, and separate slightly. Brush dough with melted butter.

**LAST** Bake until golden brown, about 35 minutes; serve warm with butter.

# CARROT CAKE BARS

Makes 12

*Baking in a cast-iron skillet gives these sweetly spiced bars perfectly crisp edges.*

## Bars:

- 1½ cups unsalted butter**
- 1 cup white chocolate morsels**
- ¾ cup firmly packed light brown sugar**
- 2 large eggs**
- 2 teaspoons vanilla extract**
- 2¼ cups all-purpose flour**
- 2 teaspoons ground cinnamon**
- ½ teaspoon ground nutmeg**

- ½ teaspoon ground ginger**
- ½ teaspoon ground cloves**
- ½ teaspoon kosher salt**
- 1½ cups shredded carrots**

## Frosting:

- ¼ cup cream cheese, softened**
- 2 tablespoons unsalted butter, softened**
- 1¼ cups confectioners' sugar**
- ¼ teaspoon vanilla extract**

## Garnish: chopped pecans

**FIRST** Preheat oven to 350°. Spray a 10-inch square cast-iron skillet with cooking spray.

**NEXT** For bars: In a large microwave-safe bowl, microwave butter on high until melted, about 45 seconds. Add white chocolate; whisk until melted. Whisk in

brown sugar, eggs, and vanilla until combined.

**NEXT** In a medium bowl, whisk together flour, cinnamon, nutmeg, ginger, cloves, and salt; stir in carrots until well coated. Add flour mixture to butter mixture, and beat with a mixer at low speed until combined. Spread batter into prepared skillet.

**NEXT** Bake until a wooden pick inserted in center comes out with a few moist crumbs, about 35 minutes. Let cool completely on a wire rack.

**LAST** For frosting: In a medium bowl, beat cream cheese and butter with a mixer at high speed until creamy. Reduce mixer speed to low; add half of confectioners' sugar, beating until smooth. Add vanilla and remaining confectioners' sugar, beating until light and fluffy. Spread frosting onto cooled bar. Garnish with pecans, if desired. Cut into bars to serve. 🍴



# COLLARD GREENS & POTLIKKER

We can't decide which part is better

## PERFECT COLLARD GREENS

Makes 8 to 10 servings

*Once a dish born out of hard times, the combination of greens, ham hock, onion, and just a touch of vinegar is a prize to the palate of any Southerner.*


- 1 tablespoon vegetable oil
  - 1 large sweet onion, chopped
  - 3 cloves garlic, smashed
  - 1 smoked ham hock
  - $\frac{3}{4}$  cup bourbon
  - $\frac{1}{2}$  cup apple cider vinegar
  - 8 cups low-sodium chicken broth
  - 2 bay leaves
  - 2 teaspoons kosher salt
  - 1 teaspoon ground black pepper
  - $\frac{1}{8}$  to  $\frac{1}{4}$  teaspoon crushed red pepper, to taste
  - 2 pounds collard greens, stemmed and roughly chopped
- Cornbread, to serve

**FIRST** In a large Dutch oven, heat oil over medium-high heat. Add onion; cook, stirring occasionally, until translucent, about 5 minutes. Add garlic; cook until fragrant, about 1 minute. Add ham hock; cook, turning occasionally, until browned on all sides. Stir in bourbon and vinegar; cook for 1 minute, scraping browned bits from bottom of pot with a wooden spoon. Add broth, bay leaves, salt, black pepper, and red pepper; bring to a boil.

**LAST** Reduce heat to medium. Add collard greens in batches. Cover and cook, stirring occasionally, until tender, 1 hour and 15 minutes to 1 hour and 30 minutes. Discard bay leaves. Shred ham hock, and stir into greens. Serve with cornbread.

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### COLLARD GREENS TIPS

1. Using a mixture of bourbon and vinegar as part of your cooking liquid adds a subtle smokiness and sweetness while the vinegar gives an acidic brightness to cut through the richness of the greens.
  2. Greens can be served with or without the cooking liquid, or potlikker. Save any leftover potlikker and use to cook grits, add to soups, or anywhere broth is called for.
  3. You can omit the ham hock and substitute vegetable broth for a vegetarian option. 
- 

PHOTOGRAPHY BY STEPHANIE WELBOURNE STEELE



# A MATCH MADE IN CAST IRON HEAVEN

BY MANDY KELLOGG RYE

As the weather begins to cool, our vintage Birmingham Stove & Range skillet heads east to Atlanta to visit Mandy Kellogg Rye, founder and creative director of the Southern lifestyle brand *Waiting on Martha*. And though she may live among the hustle and bustle of big-city life, Mandy knows when it's time to step back, grab a skillet, and whip up a comforting meal.



## DOUBLE-DECKER JAMBALAYA NACHOS

Makes 6 to 8 servings

Recipe courtesy of Mandy Kellogg Rye

*These hearty nachos are perfect to make as an easy post-game meal. Prep your rice and vegetables ahead of time, and you'll have a hearty meal in a flash.*


- 2** tablespoons vegetable oil, divided
- ½** pound fresh shrimp, peeled, deveined, and tails removed
- 1 to 2** tablespoons Creole seasoning
- 2** andouille sausage links, casings removed and sliced
- 1** (18-ounce) bag tortilla chips
- 2** cups cooked jambalaya rice\*
- 2** cups shredded cooked chicken
- 1** green bell pepper, diced
- 1** red bell pepper, diced
- 1** cup shredded Cheddar cheese
- 1** cup shredded Monterey Jack cheese
- ½** (16-ounce) jar pickled okra, sliced

**FIRST** Preheat oven to 400°.

**NEXT** In a 10-inch cast-iron skillet, heat 1 tablespoon oil over medium-high heat. Season shrimp with Creole seasoning. Add shrimp to skillet; cook until pink and firm, 2 to 3 minutes per side. Add additional Creole seasoning while shrimp are cooking, if desired. Remove shrimp from skillet, and let drain on paper towels.

**NEXT** Heat remaining 1 tablespoon oil in skillet over medium-high heat. Add sausage; cook until browned, 7 to 8 minutes. Remove sausage from skillet, and let drain on paper towels. Remove skillet from heat, reserving oil and browned bits in skillet.

**NEXT** Arrange an even layer of tortilla chips in skillet. Sprinkle with rice, shrimp, chicken, sausage, and bell peppers. Top with cheeses. Repeat layers once. Top with pickled okra.

**LAST** Bake until cheese is melted, 5 to 10 minutes. Serve immediately. 

\*I used Zatarain's.

**T**he love of food was ingrained in me at an early age. My mother leaned toward the sweeter side. She was always baking up delights such as warm apple crisps and Michigan blueberry pies. My father, on the other hand, traveled the more savory and comforting route, whipping up homemade sheet-pan pizzas, anything grill-worthy, and nachos—large, heaping, multi-level nachos.

I love nachos. There's no other way to say it. Nachos are, for me, the absolute perfect bite. The melty, ooey-goey goodness of cheese, combined with the crispiness and coolness of your chosen toppings, and the constant quest to gather all the components onto one perfectly crunchy and warm tortilla chip each and every time—I love it all.

Over the years I've made nachos in various forms and fashions: classic, queso drenched, breakfast themed, and even a batch topped with Nashville Hot Chicken. But my favorite combination has to be my Double-Decker Jambalaya Nachos. This recipe, like many a great recipe, came not by innovation, but by way of leftovers. The Friday night before this recipe was born, I made a heaping pot of jambalaya. The next day, not having quite enough left over for both my husband and me (but having plenty of tortilla chips and cheese, of course), I decided to improvise and make jambalaya nachos.

I pulled out my trusty cast-iron skillet, covered it in a layer of corn tortilla chips,

and began to carefully add my jambalaya mixture. Always chasing that perfect bite, I was careful to spread even amounts of rice, shredded chicken, shrimp, andouille sausage, and peppers on each chip before topping it with freshly shredded cheese. Then I did it all over again creating a second layer. (Because the only thing better than nachos is double-decker nachos.) I watched anxiously as the cheese melted over what was already one of my favorite dishes. And when it was time to pull the skillet from the oven, I quickly topped off the melty mountain with pickled okra and diced bell peppers.

Then the husband and I dug in.

To our immense surprise and delight, our Double-Decker Jambalaya Nachos were nothing short of heaven on a chip. I should have known, of course. What isn't made better with melted cheese, chips, and a trip to the oven in a cast-iron skillet? These nachos have become a house favorite and one I find myself recreating monthly, often adding in or substituting ingredients and always trying to simultaneously tweak and improve both my jambalaya and my nachos recipes. If you haven't tried jambalaya on nachos, or even regular skillet nachos before, I invite you to test out this recipe and put your own spin on it.

*Follow along with Mandy's adventures on Instagram @waitingonmartha or visit her website at waitingonmartha.com.*



# CAST IRON USE & CARE

If you take the time to properly care for your cast-iron cookware, it will reward you and your family with generations of loyal service. Follow these tips to keep your heirlooms—whether seasoned or enameled iron—in tip-top shape.

## SEASONED

### KEEP THEM CLEAN

Be sure to clean your pans as soon as they're cool enough to handle. Scrub gently with a stiff-bristle brush or a non-scratch scouring pad. Water leads to rust, so avoid submerging your cast-iron cookware. As to whether to use soap—that's up to you. We avoid it when possible to protect the seasoned surface.

### KEEP THEM DRY

After rinsing, it's crucial to dry your cookware completely. Wipe dry with a clean kitchen towel, then apply a very thin coat of vegetable oil, rubbing it into the surface. Heat on the stovetop over medium-low heat or in the oven at 300° until dry, about 10 minutes. Let cool; wipe surface with a clean kitchen towel, and heat for 5 more minutes.

### RESPECT YOUR CAST IRON

Taking care of your cookware means understanding its likes and dislikes. Cooking with fats, cleaning gently, and storing in a clean, dry place are the keys to preserving your pans' seasoning. Harsh abrasives, acidic foods, and exposure to water can break down the finish or cause rust.

## ENAMELED

### BE GENTLE

The finish on enameled cast iron can be fragile, so handle your pieces with care to avoid chipping, and never use metal utensils, as they can scratch the surface.

### GREASE THEM UP

Unlike regular cast iron, enameled cast iron is not non-stick. To avoid sticking, cook over medium heat using adequate amounts of oil or fat. If sticking does occur, use dish soap, water, and a non-scratch scouring pad to scrub away the mess. Or, try boiling water in the piece with a bit of dishwashing liquid for extra stubborn bits.

### MAKE THEM SHINE

Over time, enameled cast iron can become stained. To help remove stains, soak the cooking surface in peroxide mixed with baking soda, then scrub with dish soap, water, and a non-scratch scouring pad to keep your enameled cast iron looking as good as new.

MARCH 6 – 10, 2019

# CHARLESTON

WINE + FOOD

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Page 7: Highland Alpaca Scarf in Slate from [southernmarsh.com](http://southernmarsh.com)

### SERVED IN CAST IRON

Page 10: Photos courtesy of Yardbird Southern Table & Bar; Lori Solomon (The Ordinary); Café B; Catherine Courtney Hood [@blond\\_voyage\\_nashville](http://@blond_voyage_nashville) (Henrietta Red)

### CHEF'S TABLE

Pages 13–15: Photos courtesy of James Patterson (Jesse Houston); Abe Draper (restaurant interior, meatballs)

### BIDS & BARGAINS

Pages 67–68: Photos courtesy of Denny Culbert/BRQ Restaurant; Watermark Baton Rouge

### A TASTE OF THE CARIBBEAN

Page 79: Photo courtesy of Denny Culbert (Nina Compton)

### TRAVELING SKILLET

Page 107–108: Photos courtesy of Kathryn McCrary (Mandy Kellogg Rye); Robert Peterson/Rustic White Interiors (nachos)





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