

FAMOUS FOODS OF KENTUCKY



- 3 Mint Julep
- 4 Kentucky Oaks Lily
- 5 Mimosa
- 6 Louisville Old-Fashioned
- 7 Benedictine Spread
- 8 Beer Cheese
- 9 Breakfast Menu
- 10 Country Ham & Mayonnaise Biscuits
- 11 Hot Brown
- 12 Burgoo
- 13 Rolled Oysters
- 14 Louisville Style Chili
- 15 Lunch Menu
- 16 Black Barbecue Sauce
- 17 Henry Bain Sauce
- 18 Kilt Lettuce
- 19 Spoonbread
- 20 Cheese Grits
- 21 Supper Menu
- 22 Kentucky Chocolate Walnut Pie
- 23 Bread Pudding with Bourbon Sauce
- 24 Bourbon Balls
- 25 Kentucky Butter Cake
- 26 Modjskas





MINT JULEP

6 sprigs Mint Leaves (1 is for garnish)
½ oz Simple Syrup (made ahead, see below)
2½ oz Makers Mark Bourbon
Splash Seltzer Water
Crushed Ice

Simple Syrup: Mix ½ cup water and ½ cup sugar in saucepan of medium heat, and stir until sugar is dissolved. Cool completely. Place in air tight container, and store in refrigerator 1-2 weeks. Makes 1 cup.

Place 5 sprigs mint leaves and simple syrup in serving glass. Muddle well together with a muddler (or handle of wooden spoon). Add bourbon and seltzer water. Top with crushed ice, and stir until just blended. Top with 1 sprig mint leaf. Makes 1 serving.



The mint julep originated in the Southern United States during the 18th medicinal concoction used to settle the stomach. It blossomed as a cocktail in the South in the late 1700s among the elite population. It was served in a conical shaped, polished sterling silver or pewter vessel which revealed the frosty exterior of the drink. The mint julep became the official drink of the Kentucky Derby in 1938. Nearly 120,000 mint juleps are sold during the racing event every year since.





KENTUCKY OAKS LILY

- 1 ¼ oz Vodka
- 1 oz Sweet & Sour Mix
- ¼ oz Triple Sec
- 3 oz Cranberry Juice
- Blackberries for garnish (optional)
- Lemon Wedges for garnish (optional)

Fill stemless wine glass with crushed ice. Add ingredients and stir. Add straw and garnish with blackberries and lemon wedge. Makes 1 serving.



The Kentucky Oaks Lily was created in 2006 by Tim Laird, chief entertaining officer for Brown-Forman in Louisville, Kentucky. It is based on a cosmopolitan with a hot pink color, which is the color of the stargazer lilies that are awarded to the Kentucky Oaks winning filly.





MIMOSA

- 1 Orange
- 1 750ml bottle Champagne
- 3 cups Pulp-free Orange Juice

Slice orange and cut into halves. Pour champagne into flute glass, filling it halfway. Fill rest of glass with orange juice. Top with orange slice. Makes 8 servings.



The Mimosa combination of sparkling wine and orange juice has been consumed for centuries in Spain and French wine country, especially where oranges and cava and other sparkling wines are plentiful. The British royal family made it popular in Great Britain after Earl Mountbatten of Burma returned from a trip to the south of France in 1961. It made its way to New York in the late 1960s and became a staple of brunches in the late 1970s. The Mimosa quickly spread across the United States as a substitute for hard liquor with brunch.





LOUISVILLE OLD-FASHIONED

Quarter-size pour of Simple Syrup
2 Dashes of Angostura Bitters
Slice of Orange
Marachino Cherries
2½ oz Bourbon

Simple Syrup: Mix ½ cup water and ½ cup sugar in saucepan of medium heat, and stir until sugar is dissolved. Cool completely. Place in air tight container, and store in refrigerator 1-2 weeks. Makes 1 cup.

Put in quarter size pour of simple syrup in bottom of Old-Fashioned glass. Add two dashes Angostura bitters, orange wedge, and maraschino cherry. Muddle gently without smashing everything together. Pour 2½ ounces bourbon into glass, and add ice. Stir and sip. Makes 1 serving.



The Louisville Old-Fashioned claims roots dating back to the 1880's at the Pendennis Club in Louisville, Kentucky. The club was a private, social, gentleman's club. Martin Cunio, a bartender at the club, is said to have added muddled fruit and sugar syrup to the established Old-Fashioned to create the Louisville version. The drink was created in honor of Colonel James E. Pepper, a prominent bourbon distiller, who brought the recipe to the Waldor-Astoria Hotel bar in New York City where the original Old-Fashioned was supposedly born.





BENEDICTINE SPREAD

3 Tbsp Cucumber Juice
1 Tbsp Onion Juice
8 oz Cream Cheese, softened
1 tsp Salt
Few grains of Cayenne Pepper
2 drops Green Food Coloring

Peel and grate a cucumber; wrap it in a towel and squeeze juice into a dish. Discard pulp. Do the same with an onion. Mix all ingredients with a fork until well blended. Makes 1½ cups.



Benedictine or benedictine spread is a spread made with cucumbers, onions, and cream cheese. It was invented by Jennie Carter Benedict near the beginning of the 20th century and was originally and still is used for making cucumber sandwiches. It is also now used as a dip for chips, filling for potatoes, or combined with meat in a sandwich.

Benedict began as a caterer in 1893 in Louisville, Kentucky, providing food, including benedictine, for parties and weddings of Louisville's most prominent citizens. In 1900, she opened a restaurant and tea room called Benedict's where she fed middle class citizens of Louisville. She later wrote a cookbook which included many "musts" for Derby Day celebrations.





BEER CHEESE

1 cup Stout Beer	½ tsp Cayenne Pepper
1 lb Extra-Sharp Cheddar Cheese, shredded	¼ tsp Salt
2 cloves Garlic, minced	¼ tsp Hot Pepper Sauce
1 tsp Dry Mustard	¼ tsp Worcestershire Sauce
½ tsp Black Pepper	1 pinch Cayenne Pepper

Pour beer into bowl and whisk until it loses its carbonation (about 30 seconds). Set aside. Put cheese in food processor. Add garlic, dry mustard, black pepper, ½ tsp cayenne pepper, salt, hot pepper sauce, Worcestershire sauce, and flat beer. Pulse and blend scraping sides of bowl until smooth and blended (about 2 minutes). Transfer to air tight container and top with pinch of cayenne pepper. Refrigerate overnight. Serve with crackers or rye bread. Makes 3 cups.



Kentucky style Beer Cheese was first served in the 1940s at a restaurant in Clark County, Kentucky. The spicy spread was created by Arizona chef Joe Allman for his cousin Johnnie Allman, owner of an inn in Winchester, Kentucky. Johnnie served it as a complimentary snack to increase the appetites of his customers for beer. Traditionally, sliced vegetables were used for dipping. On February 21, 2013, the Kentucky Legislature decreed Clark County as the birthplace of beer cheese.



U AND THEY'RE OFF U



Breakfast Menu

Mimosa

Country Ham and Biscuits

Cheese Grits

Kentucky Butter Cake





COUNTRY HAM & MAYONNAISE BISCUITS

2 cups All Purpose Flour + extra for dusting
2 tsp Baking Powder
½ tsp Salt
½ cup Mayonnaise
1 cup Milk
1 lb Country Ham, thinly sliced

Preheat oven to 400°. Combine flour, baking powder, and salt in medium size bowl. Add mayonnaise and milk; stir until soft dough forms. Dust counter with flour and turn out dough. Add additional flour if too sticky. Roll or pat out and cut with a juice glass or biscuit cutter. Place biscuits on baking sheet and bake for 12 minutes. After baking, slice biscuits and stuff with ham. Makes 12 servings.



Ham biscuits are descendants of biscuits filled with sliced salt pork which enslaved Africans would eat. It is thought that after emancipation the filling of salt pork gave way to sliced or deviled ham, including country ham. Baked or boiled country ham is sliced paper thin and served with biscuits or in yeast rolls, sometimes with butter or a sauce of melted butter and brown sugar. They are often found at church suppers and wedding receptions in the Southern United States.





HOT BROWN

4 slices Bacon
1½ Tbsp Salted Butter
1½ Tbsp All-Purpose Flour
1½ cups Heavy Cream
½ cup Pecorino-Romano Cheese, grated
Pinch of Ground Nutmeg
Pinch of Salt
Pinch of Black Pepper
14 oz Roasted Turkey Breast, sliced thick
4 slices Texas Toast
2 Roma Tomatoes, halved
Pinch of Paprika
Pinch of Parsley



Preheat oven to 350°. Cook bacon until crispy; set aside. Melt butter in 2-quart saucepan over medium-low heat. Slowly whisk in flour to make roux. Cook 2 more minutes, stirring frequently. Raise heat to medium and slowly whisk in heavy cream, cooking until cream begins to simmer (about 2-3 minutes). Remove cream from heat, and slowly whisk in ¼ cup grated cheese until smooth. Stir in nutmeg, salt, and pepper to complete mornay sauce. Remove crust from toast. Cut 2 toast slices diagonally to make toast points. For each serving, place 1 whole toast slice in oven proof dish. Cover with 7 oz of turkey. Place 2 tomato halves and 2 toast points alongside base of turkey and whole toast. Pour ½ of mornay sauce covering dish completely. Sprinkle ½ of remaining cheese over top. Bake for 20 minutes or until cheese begins to brown and bubble. Cross 2 slices of bacon on top of each serving. Sprinkle with paprika and parsley. Makes 2 servings.

The Hot Brown is a hot open-faced turkey sandwich with bacon and Mornay sauce and was created at the Brown Hotel in Louisville, Kentucky, by Fred K. Schmidt in 1926 shortly after the hotel's founding in 1923. It was created as an alternative to ham and eggs for a late-night supper and is a variation of traditional Welsh rarebit.





BURGOO

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| 2 Tbsp Vegetable Oil | 10 oz Frozen Corn |
| 1 lb Pork Shoulder, cut into chunks | 1 medium Onion, diced |
| 1 lb Stew Beef or Chuck Roast, cut into chunks | 1 Green Pepper, diced |
| 1½ lbs Chicken Thighs, bone-in | 1 large Celery Stalks, diced |
| 4 cups Chicken Broth | ¼ cup Apple Cidar Vinegar |
| 1 ½ lbs Potatoes, diced | 1 Tbsp Worcestershire Sauce |
| 2 large Carrots, diced | 3 cloves Garlic, chopped |
| 14 oz can Crushed Tomatoes | 3 Bay Leaves |
| 1 cup Barbecue Sauce | 1 tsp Salt |
| ½ lb Okra, diced | ½ tsp Black Pepper |
| | Dash Hot Pepper Sauce (optional) |



Heat vegetable oil in 8-quart pot over medium heat. Brown pork and beef chunks in oil; work in batches if necessary. Add chicken thighs, chicken broth, potatoes, and carrots. Bring to boil, reduce heat to low, and simmer 1 hour.

Stir in tomatoes, barbecue sauce, okra, corn, onion, green pepper, celery, vinegar, Worcestershire sauce, garlic, bay leaves, salt, black pepper, and hot pepper sauce. Bring back to boil, reduce heat to low, and simmer 1 more hour. Discard bay leaves before serving. Makes 12 servings.

Burgoo dates to back to the 19th century and is a dish that was created out of necessity. It was made with game meat available, such as squirrel and fowl. Some believe it was brought over from England for sailors. Others believe it was invented by a Frenchman who was a cook for soldiers during the Civil War. A third belief claims the dish can be traced back to Native Americans who prepared it as a hunting stew. Still others say it was the invention of freed slaves who would make big batches of burgoo for livestock sales. The livestock sales began having horse racing to draw people to the sale. They became popular events for people to gather. Burgoo was prepared in huge batches and sold at the events.





ROLLED OYSTERS

1 cup White Cornmeal
½ cup Flour
1 tsp Baking Powder
½ tsp Salt
⅓ cup Milk
18 medium Oysters, such as Bluepoints, shucked (about ½ lb),
2 Tbsp of liquor reserved
1 Egg, beaten
Canola Oil, for frying



Put cornmeal into shallow dish; set aside. Over large bowl, sift together flour, baking powder, and salt. Stir in milk, reserved oyster liquor, and egg. Add oysters to batter and toss to coat. Using one hand, scoop out 3 oysters and roll in cornmeal, forming a round ball. Transfer to a parchment paper-lined baking sheet and repeat with remaining oysters.

Pour canola oil into 12" cast-iron skillet so that it reaches a depth of 1". Heat skillet over medium-high heat until a deep-fry thermometer registers 350°. Fry oyster rolls in batches, turning occasionally with slotted spoon, until golden brown, 3–4 minutes. Transfer to paper towel-lined plate. Repeat with remaining oyster patties; serve with tartar sauce or ketchup. Makes 2-4 servings.

Rolled Oysters were invented in the 1880s by Louisville, Kentucky tavern owner Phillip Mazzoni, who served them as a free giveaway to saloon patrons with a purchased beer or whiskey. Opening a new restaurant during the prohibition era, Mazzoni and his brothers rolled the oysters for diners. This allowed the restaurant to remain open while other venues failed. It became a popular food item throughout Louisville and remains very popular with seafood restaurants and fish fries in the Louisville area today.





LOUISVILLE STYLE CHILI

3 lbs Ground Beef	2 Tbsp Cumin
3 cloves Garlic, pressed	1 Tbsp Sugar
½ medium Onion	45 oz Water, 3 empty tomato cans
2 15 oz cans Tomato Sauce	2 16 oz cans Chili Beans or Chili Hot Red Beans
1 15 oz can Diced Tomato	
2 Tbsp Chili Powder	4 oz Spaghetti, uncooked

Brown ground beef in a large skillet over medium hot flame. Drain and set aside. Put all remaining ingredients except meat and spaghetti into large stock pot. Cook on low heat for ½ hour, stirring occasionally. Add beef and cook for 3-4 hours on medium low heat, stirring occasionally. Bring large pasta pot of water to a boil. Drop in spaghetti and cook until it reaches your desired hardness. Drain spaghetti in a colander. Add the spaghetti to the meat mixture just before serving. Mix it in and serve it all as one.



There is no definitive history of Louisville Style Chili. It has just been around forever. The Old Walnut Chili Parlor which opened in Louisville, Kentucky in the 1800s states on its menu “Louisville's Famous Chili Since 1921” with ingredients of different meats, beans, spaghetti, tomatoes, oil and onions.



🍷 AROUND THE TURN THEY COME 🍷



Lunch Menu
Kentucky Oaks Lily
Burgoo
Spoonbread
Bourbon Balls





BLACK BARBECUE SAUCE

2 cups Water
½ cup Worcestershire Sauce
½ cup White Vinegar
½ tsp White Pepper
7 Tbsp Brown Sugar
¼ tsp Allspice
¼ tsp Onion Powder
¼ tsp Garlic Powder
1 Tbsp coarse Kosher Salt
1¼ tsp Lemon Juice

Mix all ingredients in saucepan, and simmer over low heat for 20 minutes. Let cool 5 minutes. Use as dipping sauce or as marinade for mutton or lamb. May be stored in refrigerator up to 3 months. Makes 3 cups.



There are two stories as to the origin of Black Barbecue sauce. The first is based the large flocks of sheep that early Welsh settlers in the Owensboro, Kentucky area raised. There were 11,000 sheep compared to only 6,750 beef cattle recorded in Davies County in 1860 agricultural records. The other story is that mutton was the meat that early Roman Catholics donated to be used at their local church festivals. Parish picnics at Catholic churches in Daviess County Kentucky date back to at least the 1877 barbecue picnic fundraiser at St. Martin Parish in Rome, Kentucky. The most famous Black Barbecue Sauce is Moonlite BBQ Sauce based in Owensboro.





HENRY BAIN SAUCE

- 1 17 oz bottle Chutney
- 1 14 oz bottle Ketchup
- 1 12 oz bottle Chili Sauce
- 1 10 oz bottle Steak Sauce
- 1 10 oz bottle Worcestershire Sauce
- Dash of Hot Sauce, or to taste
- 4½ oz Pickled Walnuts (optional)

Mix all ingredients in a large bowl. Chill sauce at least 2 hours. Serve at room temperature with beef, pork, or other meats. It can also be used in appetizers as a dip for meatballs or spread over cream cheese. Freeze any leftover sauce for later use. Makes 2 quarts.

Note: Pickled walnuts are available at specialty gourmet shops.



The Pendennis Club in Louisville, Kentucky has served Henry Bain's Famous Sauce for over 100 years. It was named for a headwaiter, Henry Bain, who spent 40 years working at the club. He created this legendary sauce for local game, beef and other meats.





KILT LETTUCE

5 strips Bacon
8 cups Lettuce, shredded
4 Green Onions, chopped
Kosher salt and freshly ground Black Pepper to taste
2 Tbsp melted Bacon Drippings
2 Tbsp Apple Cider Vinegar
1 Tbsp Sugar

Fry or bake bacon. Set aside, and crumble when cool. Reserve bacon drippings. Combine lettuce and green onion in a large bowl; sprinkle with salt and pepper. Combine the bacon drippings, apple cider vinegar, and sugar in a saucepan and heat to boiling point. Pour over the shredded lettuce mixture. Toss to mix. Top with bacon crumbles. Serve at once. Makes 4-6 servings.



In Kentucky Appalachian kitchens, the first sign of spring is often marked by wilting lettuce and scallions in a warm sauce of bacon grease and vinegar. They're not cooked; they're killed (some would say "kilt"). It is best served with warm cornbread.





SPOONBREAD

3 cups Milk
1¼ cup White Cornmeal
3 Eggs
1 Tbsp Salt
1½ tsp Baking Powder
2 Tbsp Butter, melted

Preheat oven to 375°. Butter a 6-cup casserole dish. Bring milk to a boil over medium heat. Stir cornmeal into rapidly boiling milk. Cook until very thick, stirring constantly, to prevent boiling. Remove from heat and allow to cool. Mixture will be cold and very stiff. Add well beaten eggs, salt, baking powder and butter. Beat with mixer 15 minutes. Pour into casserole dish. Bake 30 minutes. Makes 6 servings.



Spoonbread is believed to be of Native American origin dating back to the 1700s when early settlers adapted adapted it to their liking. Spoonbreads became popular around the turn of the 20th century, as soda-acid forms of leavening, such as baking soda with some form of acid elsewhere in the recipe or baking powder, replaced yeast for corn-based breads in Southern cooking. Since 1997, Berea, Kentucky, has been held an annual Spoonbread Festival in September with some 60,000 spoonbread fans attending.





CHEESE GRITS

2 cups Chicken Broth
2 cups Water
½ tsp Garlic Powder
1 cup Grits (not quick/instant or stone-ground)
¼ cup Butter
2 cups Cheddar Cheese, shredded

Bring chicken broth, water, and garlic powder to a boil in medium pot. Add grits, and cook uncovered for 18-20 minutes or thick and creamy (or follow times listed on your grits package). Remove from heat and stir in butter and 1½ cups cheese until melted. Top with reserved shredded cheese. Serve hot. Makes 4 servings.



When Europeans first arrived in America, they were introduced to an indigenous American dish called cracked maize. The Colonists began referring to it as 'grist' which later transformed into 'grits'. It became the gruel of the Southern poor due to the abundance of corn in the South and was served at almost every meal. Cheese was added for more flavor.



U THE WINNER IS U

Supper Menu

Mint Julep

Benedictine

Beer Cheese

Kilt Lettuce

Hot Brown

Kentucky Chocolate Walnut Pie





KENTUCKY CHOCOLATE WALNUT PIE

1/4 cup Butter	1/2 cup Chocolate Chips
1 cup Sugar	1/2 cup English Walnuts
3 Eggs, beaten	1 Tbsp Bourbon Whiskey
3/4 cup Light Corn Syrup	1 unbaked 9-inch Pie Shell
1/4 tsp Salt	Whipped Cream (optional)
1 tsp Vanilla	

Preheat oven to 375°. Cream butter and sugar together until fluffy. Add beaten eggs, corn syrup, salt, and vanilla. Beat well. Stir in chocolate chips, walnut, and bourbon. Pour into pie shell, and bake 45 minutes or until center is set. Serve warm with whipped cream. Makes 8 servings.



Derby Pie was created in 1950 at the Melrose Inn of Prospect, Kentucky by Walter and Leandra Kern and their son, George Kern. When the Kern's left Melrose Inn in 1960, they continued baking the pie for friends and eventually created Kern's Kitchen. The name was chosen by drawing various names from a hat. The name "derby pie" was registered for trademark in 1968 by Kern's Kitchen and granted in 1969. The recipe is kept secret, known only to a one employee of Kern's Kitchen and a small group of Kern family members.





BREAD PUDDING WITH BOURBON SAUCE

2 Tbsp Butter
4 slices Bread
 $\frac{3}{4}$ cup Brown Sugar
1 cup Raisins
3 Eggs
2 cups Milk
1 tsp Vanilla Extract
 $\frac{1}{8}$ tsp Salt

Bourbon Sauce:
 $\frac{1}{2}$ cup Butter
1 cup Sugar
3 tablespoons Water
1 Egg, beaten
Kentucky Bourbon to taste



Butter bread slices in one side. Cut buttered bread into cubes. In top of double-boiler over hot water add brown sugar. Toss bread over brown sugar. Add raisins. Do not stir. In a bowl, beat eggs with milk. Stir in vanilla and salt. Pour evenly over bread. But do not stir. Cook over simmering water for 1 hour. While pudding is cooking make sauce. Combine butter, sugar, and water in a saucepan. Heat over medium-low until sugar dissolves. Remove from heat. Beat together egg and sugar mixture, adding small amounts of sugar mixture at a time. Return egg mixture to hot saucepan, stirring constantly. Remove from heat. When ready to serve, stir in bourbon, to taste, and serve over warm bread pudding. Makes 4 servings.

Bread pudding is a very old recipe and probably became a way to use up bread that had gone stale. Kentucky's bourbon version of bread pudding is a variation of the dish that originated at the New Orleans Bon Ton Café and is a popular dessert served during Mardi Gras.





BOURBON BALLS

1 cup chopped Pecans	½ tsp Peppermint Extract
5 Tbsp Bourbon	3 cups Semi-Sweet Chocolate Chips
½ cup Butter, softened	3 Tbsp Shortening
4 cups Confectioners' Sugar	30 Pecan Halves

Day 1: Combine pecans and bourbon in container, and soak overnight.
Day 2: Mix butter and confectioners' sugar. Add peppermint extract and soaked pecans and stir. Form into ¾ inch balls, and refrigerate overnight.
Day 3: Line tray with waxed paper. Melt chocolate and shortening in heavy-bottomed saucepan over low heat, stirring constantly. Once smooth, dip pecan balls in chocolate with toothpick to coat. Place on waxed paper and top with pecan half. Return bourbon balls to refrigerator to set. Store in refrigerator until serving. Makes 30 servings.



Bourbon balls were invented in 1938 by Ruth Hanly Booe of Rebecca Ruth Candy in Frankfort, Kentucky. Someone mentioned to her that the two best tastes were her candies and bourbon. She worked two years perfecting the blend of bourbon and candy resulting in the still secret Bourbon Ball recipe. Today, Rebecca Ruth Candy makes 3 million bourbon balls which is two-thirds of the kitchen's business.





KENTUCKY BUTTER CAKE

3 cups All-purpose Flour
1 tsp Baking Powder
1 tsp Salt
½ tsp Baking Soda
1 cup Butter
2 cups Sugar
4 large Eggs
2 tsp Vanilla Extract
1 cup Buttermilk

Sauce:
1 cup Sugar
½ cup Water
½ cup Butter
1 tsp Vanilla Extract



Preheat oven to 350°, and grease and flour a Bundt pan or use baking spray with flour. Whisk together flour, baking powder, salt, and baking soda. Using an electric stand mixer, cream butter and sugar for about 5 minutes. Mix in eggs one at a time. Add vanilla to the buttermilk. Add flour mixture to butter mixture, alternating with buttermilk, beginning and ending with flour mixture. Pour batter into Bundt pan and bake for 60 minutes. Make butter sauce when you are getting ready to take cake out of the oven. In a saucepan, bring sugar, water, and butter to a low boil, stirring to dissolve sugar. Remove from heat and stir in vanilla. After cake is removed from oven, poke holes in top and pour butter mixture down into holes. Let cake cool for about 10 minutes and then remove from pan. Don't let it cool much longer before removing from pan or it will stick.

Butter Cake was supposedly first made by accident in the 1930s by a St. Louis-area German American baker who was trying to make regular cake batter but reversed the proportions of butter and flour. Rather than throw them away, the baker went ahead and baked them. This baking mistake was made during the Great Depression, which meant supplies for baking ingredients were low. The new cake sold so well that the baker kept baking and selling them and soon, so did the other bakers around St. Louis. The St. Louis Butter Cake uses a cream cheese almond sauce while the Kentucky Butter Cake uses a sweet butter vanilla sauce.





MODJESKAS

2 cups Sugar
2 Tbsp Butter
1¼ cup White Corn Syrup
1 tsp Vanilla
2 cups Heavy Cream (do not substitute evaporated milk)
Pinch of salt
1 tsp Vanilla
¾ lb Marshmallows, cut in half with scissors

Combine sugar, butter, syrup, 1 cup of cream, and salt in a heavy 3 or 4 quart saucepan. Put remaining cream in a small pan and heat it separately. Bring sugar-butter-cream mixture to boil, stirring constantly. Cover with lid briefly to dissolve remaining sugar crystals.



When it begins a rolling boil, slowly dribble the hot cup of cream into the boiling mixture, stirring. Don't let the boiling stop. Cook over medium heat, stirring as necessary to prevent scorching until thermometer registers 238°. Remove from heat and stir in vanilla.

Allow cooked caramel to stand 10 minutes before starting to dip. Drop marshmallow half into caramel, then with fork, turn it over to coat completely and lift out, pulling the fork over edge of pan so surplus caramel runs back into pan. Place each piece on buttered or oiled surface, such as cookie sheets or waxed paper. When set, wrap each piece separately in waxed paper. Makes 15-16 servings.

Modjeskas are known as Louisville, Kentucky's candy. The treat was created in 1883 by French confectioner Anton Busath who, had immigrated to Louisville. Around the same time, famous Polish actress, Helena Modjeska, performed in the U.S. debut of "A Doll's House" at McCauley Theater in Louisville. Busath was so inspired by her performance that he named the candy after her. When Busath's candy kitchen was destroyed by fire in 1947, Rudy Muth, a fellow candy maker, shared his own kitchen with Busath allowing him to make modjeskas for family and friends as a Christmas gift. In return, Busath gave his recipe to Muth. Muth Candies' still produces the treat today for shipment worldwide.

