



# In the Kitchen

with Barb Agee ~ May 2017

## Kentucky Derby Delish

The Kentucky Derby is the first Saturday of May each year. In Southern tradition, food is a big part of the day starting with cocktails and appetizers and finishing with a rich dessert all laced with some good Kentucky bourbon. Oh, don't forget to don your hat and gloves for this celebration of horse racing.

### Kentucky Hot Browns

1½ pounds chicken breasts

1 tablespoon olive oil

Kosher salt and freshly ground pepper

1 teaspoon paprika

6 slices bacon

1 pint grape tomatoes, halved

2 tablespoons unsalted butter

1½ cups whole milk

1½ tablespoons flour

¾ cup cheddar cheese, shredded

⅓ cup roasted red peppers, chopped

4 slices stale sourdough bread, cut into 1-inch cubes

¾ cups parmesan cheese, grated

Preheat oven to 400°F.

Rub chicken breasts with olive oil; sprinkle with salt and pepper and paprika. Place on a foil lined baking sheet and roast until internal temperature reaches 165 degrees, about 25 to 30 minutes. Last 10 minutes of roasting time, add bacon strips. Bake bacon until crisp. Remove chicken and bacon; cut the chicken into 1 inch pieces and crumble the bacon. Transfer to a plate and cover with foil. Add tomatoes to baking sheet and toss in bacon juices. Roast tomatoes for 10 to 15 minutes.

While the tomatoes are roasting, start the Mornay Sauce. Melt the butter in a medium saucepan over medium heat. Heat the milk in a small saucepan over medium heat. When the butter is melted, whisk in the flour and stir constantly so the roux does not scorch, about 2 minutes. Slowly whisk the warm milk into the roux. Increase the heat to boil, then reduce to a simmer and cook about 6 minutes until thick enough to coat the back of a spoon. Add in the cheddar cheese and roasted peppers with any juice that has accumulated from the peppers. Remove from heat; salt and pepper to taste.

Distribute the bread cubes evenly in a 10 x 10-inch baking dish. Sprinkle chicken over bread. Spoon the Mornay sauce over the chicken; top with the roasted tomatoes. Sprinkle with parmesan cheese and the bacon. Place in a 400 degree oven for 10 minutes. Remove and preheat the broil. Broil for 5 minutes and serve immediately.

*Serves 6*

### Mint Julep Tea

8 cups cold water, divided

8 black tea bags

8 sprigs fresh mint + extra for garnish

¼ cup fresh lime juice

Ice cubes

Superfine sugar

In a covered 3 quart saucepan, heat 4 cups water to boiling over high heat. Remove from heat; stir in tea bags and mint. Cover and let steep for 5 minutes. Stir tea; remove tea bags and mint. In a large pitcher with tight fitting lid, pour tea, lime juice and remaining 4 cups of water. Cover and let stand until ready to serve.

DO NOT REFRIGERATE. Serve over ice with mint and sugar. *Makes 6½ cups of tea*

## Kentucky Derby Chocolate Chip Bars

### Cookie Crust

2½ cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon salt  
1 cup (2 sticks) unsalted butter, softened  
2 ounces cream cheese, softened  
¼ cup granulated sugar  
¾ cup packed dark brown sugar  
1 tablespoon light Karo syrup  
1 teaspoon vanilla  
2 teaspoons bourbon  
2 large eggs at room temperature  
½ cup flaked coconut  
1 cup chocolate chips

### Filling

3 cubes (1½ cups) unsalted butter, softened  
¾ cups granulated sugar  
3 eggs, room temperature  
¾ cup all-purpose flour  
⅛ teaspoon salt  
3 tablespoons bourbon  
1 teaspoon vanilla  
1½ cups chocolate chips  
1 cup whole toasted pecans, coarsely chopped  
Bourbon Sauce (*see recipe below*)

Prepare Cookie Crust: Preheat oven to 350°F. Coat a 9 x 13-inch baking dish with vegetable spray.

Combine the flour, baking soda and salt in a small bowl. In a large bowl, beat the butter, cream cheese, granulated sugar, brown sugar, vanilla and bourbon until creamy. Beat in eggs. Gradually beat in the flour mixture. Stir in the coconut and chocolate chips. Spread dough evenly in the baking dish. Bake for 10 minutes.

Prepare Filling: While the crust is baking, make the filling. Cream butter and sugar until light and fluffy. Add the eggs, flour, salt and bourbon; continue to mix until well combined. Fold in the chips and pecans. Carefully spoon the batter over the crust and spread. Bake until filling is set and the top is light golden brown, about 25 to 30 minutes. Allow bars to cool at least 30 minutes before cutting. Serve with Bourbon Sauce (*see recipe below*).

### Bourbon Sauce

1 cube (8 ounces) unsalted butter, softened  
1¼ cups packed dark brown sugar  
⅛ cup light Karo syrup  
½ cup heavy whipping cream  
¼ teaspoon kosher salt  
1 teaspoon vanilla  
¼ cup bourbon

In a medium pot, heat the butter until melted. Add brown sugar and Karo syrup; stir to combine. Slowly stir in the whipping cream. Add salt, vanilla and bourbon; stirring until smooth. Continue to cook on medium-low heat, stirring occasionally, until sauce has thickened, about 15 minutes. Sauce is done when the sauce is thick enough to coat a spoon when it is lifted from the sauce.

## Pimento Cheese Deviled Eggs

12 hard-boiled eggs  
2 ounces cream cheese  
2 tablespoons mayonnaise  
2 teaspoon Dijon mustard  
½ teaspoon smoked paprika  
½ teaspoon garlic powder  
3 ounces sharp cheddar cheese, shredded  
3 ounces pepper Jack cheese, shredded  
2 ½ tablespoons pimento peppers, drained and diced  
Salt and pepper  
Fresh herbs, for garnish

Peel and rinse the hard boiled eggs. Then cut them in half and remove the yolks. Place the whites on a large plate. Place the yolks in a food processor. Add the cream cheese, mayonnaise, mustard, paprika and garlic powder to the food processor. Pulse until completely blended; add the shredded cheeses and pimento. Pulse to combine. Add salt to taste. Scoop or pipe the filling into the center of each egg white. Arrange on a tray and refrigerate until ready to serve. To serve: sprinkle with freshly ground pepper, fresh dill or finely chopped chives.

