

# Kentucky Recipes

## Kentucky Burgoo

**There are as many ways to cook Burgoo as there are Kentuckians. Here is one recipe:**

**3 qts. water or stock**

**3/4 lb. lean inch-diced Kentucky Proud stewing beef**

**3/4 lb inch-diced Kentucky Proud pork shoulder**

**(You can also use mutton or lamb..in fact any meat will work.)**

**Bring slowly to a boil in a heavy lidded kettle. Reduce heat at once and slowly simmer about 2 1/2 hours.**

**In another heavy kettle put:**

**1 disjointed 3 1/2 lb. Kentucky Proud chicken with just enough water to cover.**

**Bring to a boil.**

**Reduce the heat at once and simmer about 1 hour or until the meat can easily be removed from the bones.**

**Put the chicken meat and the water in which it was cooked into the first kettle with the other meat after it has simmered the 2 1/2 hours as directed.**

**At this time also add:**

**2 1/2 cups quartered ripe, peeled and seeded tomatoes**

**1 cup fresh lima beans**

**1/2 red diced pepper**

**4 diced green peppers**

**3/4 cup diced onion**

**1 cup diced carrots**

**2 cups diced potatoes**

**1 bay leaf**

**1 Tablespoon Worcestershire sauce**

**Simmer this whole mixture 1/2 hour or more before adding**

**2 cups corn (freshly cut from cob)**

**Cook about 15 minutes more or until all the vegetables are soft. Correct the seasoning.**

## Kentucky Country Ham

You'll need:

1 (16 to 20 pound) Kentucky Proud country ham  
2 cups vinegar  
1 cup orange juice  
1 cup packed brown sugar  
5 to 8 whole cloves  
1 tablespoon allspice  
1 tablespoon nutmeg  
1/3 cup prepared mustard  
1/2 cup packed brown sugar  
1/2 cup carbonated beverage

Scrub the ham. Soak in cold water to cover in a large pan for 8 to 10 hours. Drain. Place the ham in a 3 to 4 gallon stockpot and add enough water to cover. Add the vinegar, orange juice, 1 cup brown sugar, cloves, allspice and nutmeg. Bring to a boil and reduce the heat. Let stand until cool. Discard the bones. Place on a large baking sheet. Mix the mustard, 1/2 cup brown sugar and carbonated beverage in a bowl. Spread over the ham. Bake at 400 degrees for 20 minutes. Cool completely before slicing. Yields 35 servings

## Kentucky Hot Brown

You'll need:

1/2 cup ( 1 stick) butter  
3 tablespoons flour  
2 cups milk  
Tabasco sauce to taste  
1/2 container grated Parmesan cheese  
2 Kentucky Proud egg yolks  
1 cup (4 ounces) shredded Kentucky Proud Colby cheese  
1 cup (4 ounces) shredded Kentucky Proud American cheese  
6 slices bread, toasted  
6 slices cooked Kentucky Proud chicken or turkey  
6 slices cooked Kentucky Proud country ham  
2 Kentucky Proud tomatoes, sliced  
12 slices Kentucky Proud bacon, cooked  
Paprika to taste

Melt the butter in a 4-quart heavy saucepan. Stir in the flour until smooth. Add the milk gradually, stirring constantly. Cook until thickened, stirring constantly. Stir in the Tabasco sauce and the Parmesan cheese. Remove from heat. Stir 1/2 cup of the sauce into the egg yolks. Stir the egg yolk

mixture into the sauce. Cook until thickened, stirring constantly. Stir in the Colby cheese and American cheese. Remove from heat. Cut each piece of toast in half and place on an ovenproof plate. Layer each with the chicken or turkey, ham, sauce, tomatoes and 2 slices of bacon. Sprinkle with paprika. Bake at 400 degrees for 10 to 15 minutes.  
Yields 6 servings.

## Mint Julep

You'll need:

4 fresh Kentucky Proud mint sprigs  
2 1/2 ounces Kentucky straight bourbon whiskey  
1 teaspoon powdered sugar  
2 teaspoons water

Crush mint leaves. Place crushed leaves, sugar and water in a Collins glass. Fill the glass with crushed ice and add bourbon. Top with more ice and garnish with a sprig of mint.