



Conclave 2025 | Branson MO

NEWSLETTER #15

MORE ON REGIONAL FOODS

By now you may be thinking that we are only going to be eating BBQ, Catfish and Fried Chicken on our Tour. While these are staples of Southern cuisine, there are a few more things that you might be tempted to try. Read on.

BRUGOO

Burgoo is a hearty stew that is particularly popular in Kentucky. In fact, it's sort of the traditional lunch for those attending the Kentucky Derby (provides a good base for all the Mint Julips that will follow!). It's typically made with three or more meats, usually beef, pork, and chicken and includes common vegetables like lima beans, okra, tomatoes, potatoes, and sometimes cabbage. As with many popular recipes, there are dozens of variations, some of which are hot and spicy.

Burgoo is thought to have originated during the Civil War, when soldiers put whatever was at hand in the communal pot. If the weather is a little cool, Burgoo makes for a filling and warming meal.

Likely your Burgoo will come with biscuits or cornbread for dipping. If not, order a side.

While common on many restaurant menus, you will have a chance to sample the #1 rated Burgoo in the country at the **Track Kitchen at Keeneland Racetrack**. One of our optional tours in Lexington is a self-guided walking tour of the grounds. The Tour route passes right by the Track Kitchen, so if you are there around lunch time, you might try it out.



Typical Burgoo Recipe

HOT BROWN

Another favorite, especially in Kentucky, is the Hot Brown. It's an open-faced sandwich with thick bread (like Texas toast) as the base. Roast Turkey is then layered on and garnished with bacon. The whole sandwich is topped with a cheesy Bechamel sauce and then broiled until browned.

Like Burgoo, there are dozens of variations. Some use a Mornay sauce, some incorporate sliced tomatoes, and some are topped with Parmesan.

The sandwich is thought to have originated at the Brown Hotel in Louisville in 1926. History goes that more than 1,200 guests would come each evening for the downtown hotel's dinner and dance. When the guests finished kicking up their heels in the luxurious ballroom, they would head to the restaurant for a bite to eat. But it wasn't long before they grew tired of the traditional late-night ham and egg suppers that were being served, and the Hot Brown was born.



One variation on the Hot Brown

SOME OTHER SOUTHERN FAVORITES

Collard Greens may not look too exciting, but when this cabbage variety is slow simmered with ham hock, onion and garlic, it can be delicious. Often seen as a side dish, don't hesitate to try them. Collard greens are very healthy, particularly rich in Vitamins A, C, and K as well as fiber and antioxidants.



An Appetizing Collard Greens Variety

Grits are probably familiar to you, but if not, give them a try. They are more or less a corn porridge, ground after the outer corn shell is removed. A very common side dish at breakfast, but available all day.

Grits get a bad rap as unhealthy, but that's not completely true. They contain Vitamins B, Thiamin, Riboflavin and Niacin, as well as Iron. They are naturally low in fat and cholesterol. The poor reputation comes from the practice of slathering them with butter, cheese and/or bacon. You can leave those off, but where's the fun in that!

Grits can also form the base for other dishes. Shrimp and grits, egg and grits, tomato and cheese grits, grits with smoked gouda and mushrooms, and grits with honey and raspberries are common variations.



OK, one pat of butter is acceptable.

Another breakfast institution is **Biscuits and Gravy**. The classic recipe is buttermilk biscuits drowned in sausage gravy. I am not going to make any health claims here. Two biscuits with sausage gravy contain 944 calories, 84 grams of carbs, 60 grams of fat and 23 grams of protein! Ok, so share them!



The lumpier the gravy the better!

A word about **TEA**. Beware that cold “tea” in the South is SWEET TEA. Sometimes VERY sweet! If you order cold tea, you will get sweet. If you want unsweetened tea, you must specify it but is almost always available. Sweet Tea contains up to 3 cups of sugar per gallon! That’s more than in traditional Coca-Cola!

