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FUTURE OF THE SOUTH

2020 FALL SYMPOSIUM

Cook (and Pour) the Future

WITH



ERICK WILLIAMS



OSCAR DIAZ



CLAIRE SPROUSE



Bring this year's Symposium recipes to life in your very own kitchen.

Tear along perforations, staple or paper clip, and stash somewhere handy. Voilà! Instant cookbook.

Photos by Sandy Note (Williams), Katie Bailey (Diaz), Brittany Herbert (Sprouse)

Erick Williams' Tabasco-Brined Cornish Hens

Serves 4

INGREDIENTS

- ½ gallon water
- 1 cup brown sugar
- ½ cup kosher salt
- ½ cup Tabasco sauce
- ½ gallon ice
- 4 Cornish hens

DIRECTIONS

1. Place water, sugar, and salt in a very large pot and bring to a boil. Turn off heat and when mixture stops boiling, add Tabasco and stir. Add ice to cool the brine.
2. When ice melts, submerge birds in brine.
3. Cover and transfer the entire pot to the refrigerator. Brine overnight or for about 8 hours.
4. When ready to cook, preheat oven to 400°F. Remove birds from brine and dry them completely. Allow them to come to room temperature, about 30 minutes.
5. Place the hens in the oven on a roasting pan with a rack. Rotate the pan halfway through cooking.
6. Check hens 40 to 50 minutes into roasting and see if juices between the thigh and leg run clear (absent of blood). If not, cook an additional 10 minutes or until they run clear. If they do, remove from heat and allow to rest for 5 to 10 minutes.



Erick Williams' Tabasco Mustard Greens

Serves 4

INGREDIENTS

- 5 medium bunches mustard greens
- 2 tablespoons canola oil
- 3 tablespoons granulated sugar
- 2 teaspoons seasoned salt
- ¼ cup white wine
- ¼ teaspoon garlic powder
- ¼ teaspoon paprika
- 2 tablespoons mustard
- 1 cup finely chopped onion
- 4 teaspoons Tabasco sauce
- ½ teaspoon cider vinegar

DIRECTIONS

1. Start by pulling and tearing greens away from stems. Working one handful at a time, roll leaves up and cut rolls in half horizontally, resulting in medium-size pieces.
2. Add greens to clean, empty sink and wash them under cold running water. Rinse all grit, sand, and debris thoroughly until water becomes clear.
3. Heat canola oil in a large pot. Once the oil is hot, add onions and cook, stirring, until they are soft. Add greens and about 2 cups water.
4. Add all other ingredients

except Tabasco sauce and vinegar to the pot. Cover and cook on medium-low heat for 40 minutes, removing the lid to stir every 10 minutes. After 40 minutes, raise heat to medium-high and cook until greens are completely tender and excess liquid has cooked down (most of liquid should be gone).

5. Add Tabasco sauce and vinegar and stir well to combine. Allow greens to settle for about 10 minutes before serving.

Oscar Diaz's BrunsMex Stew

Serves 6 to 8

Brunswick stew has nearly endless variations, and this birria-inspired spinoff is no exception. Oscar Diaz developed this recipe with smoked goat shoulder. With his blessing, we tested it in a home kitchen with an oven-roasted chuck roast. Both methods and proteins result in a deeply flavorful stew. Diaz says lamb shanks or a lamb shoulder would also work well, and you could braise the meat instead of smoking or roasting. In other words, make this stew your own. We have a feeling you'll make it again and again.

For the meat:

- 10 dried guajillo chiles
- 6 dried ancho chiles
- 5 dried pasilla chiles
- 2 tomatoes, roughly chopped
- ½ teaspoon cloves
- 1 teaspoon whole black peppercorns
- 1 teaspoon cumin

- 4 whole allspice berries
- ½ teaspoon ground ginger
- 1 white onion, roughly chopped
- 2 bay leaves
- 8 garlic cloves
- ¼ cup white distilled vinegar
- 4 pounds bone-in goat shoulder or boneless chuck roast

DIRECTIONS

1. Devein and deseed the chiles. Working in batches, toast chiles in a hot, dry skillet for 30 seconds per side.
2. Add toasted chiles, tomatoes, and ½ cup water to a pot. Simmer, covered, over medium-low heat for 20 minutes.
3. Add tomato-chile mixture and all other marinade ingredients to a blender and purée until smooth. Strain through a mesh strainer. With gloved hands, rub the marinade all over the meat. Place the meat on a wire rack over a sheet pan and allow to marinate overnight. Transfer leftover marinade to a jar and store in the refrigerator.

If smoking the meat:

1. Prepare your smoker with hickory wood chips (or your preferred wood chips). When the smoker reaches 225° F, add the marinated goat shoulder. Brush on some of the reserved marinade periodically over the first three hours. Keep the smoker at 225–250° F. After three hours, brush the meat liberally with marinade and wrap it in

butcher paper or banana leaves. Return meat to smoker and allow to cook until the internal temperature reaches 185° F. Depending on the type of smoker, this may take anywhere from 6 to 9 hours.

2. Remove meat from smoker and allow to rest for 45 minutes. Shred all meat, reserving larger bones.

If oven-roasting the meat:

1. Preheat oven to 375° F. Line a sheet pan or roasting pan with aluminum foil and place the marinated chuck roast in the pan. Roast for 30 minutes. Reduce oven temperature to 225° F and continue to cook until meat is falling apart. (Begin checking for doneness after 2 to 2 ½ hours total cook time.) Remove from oven. Shred the meat when it has cooled enough to handle.

For the salsa molcajete:

- 7 ripe tomatoes
- 4 garlic cloves
- 4 fresh serrano chiles, stems removed
- Salt, to taste

Char tomatoes, garlic, and chiles in a dry skillet over medium-high heat or under a broiler, turning occasionally. When the garlic has dark brown spots on both sides, remove it from the heat. Let the serranos and tomatoes continue cooking until charred all over and soft all the way through. Allow everything to cool

slightly before transferring to a blender. Add a generous pinch of salt and blend a few pulses at a time. Taste and add salt as desired. Do not overblend—you want a thick and chunky consistency.

For the stew:

- 2 tablespoons neutral oil, such as canola
- ½ cup diced potato
- ½ cup diced carrot
- ½ cup diced white onion
- ½ tablespoon minced garlic
- 6 ounces tomato paste
- 1 cup cooked fresh butter beans (or thawed frozen butter beans)
- 1 cup fresh corn kernels (or thawed frozen corn)
- ½ cup cooked black beans (rinse if using canned)
- 3 teaspoons white distilled vinegar
- 1 cup water
- 1 recipe salsa molcajete (recipe above)
- Shredded meat (recipe above)
- Reserved bones from cooking meat, if using
- Salt and pepper to taste
- Cilantro leaves for garnish (optional)
- Pickled onions for garnish (optional)
- Tortilla strips for garnish (optional)

1. Heat oil in a large rondeau pan or Dutch oven over medium heat. Add potatoes, carrots, and onion. Sauté until the onion is slightly translucent, about 5 to 7 minutes. Add garlic and cook, stirring often, for 2 minutes. Add

tomato paste and cook, stirring often, for 3 minutes.

2. Add remaining ingredients. Reduce heat to medium-low and cook for 30 to 40 minutes. Taste and add salt and pepper as desired. The stew should be on the thicker side. If it is too thick, add water ½ cup at a time, stir, and let simmer. If it is too thin, thicken with a cornstarch-and-water slurry.

3. Ladle stew into bowls and garnish as desired with cilantro leaves, pickled onions, and thin fried tortilla strips.

Oscar Diaz's Butter Beans and Field Peas with Longaniza

Serves 4

For the longaniza:

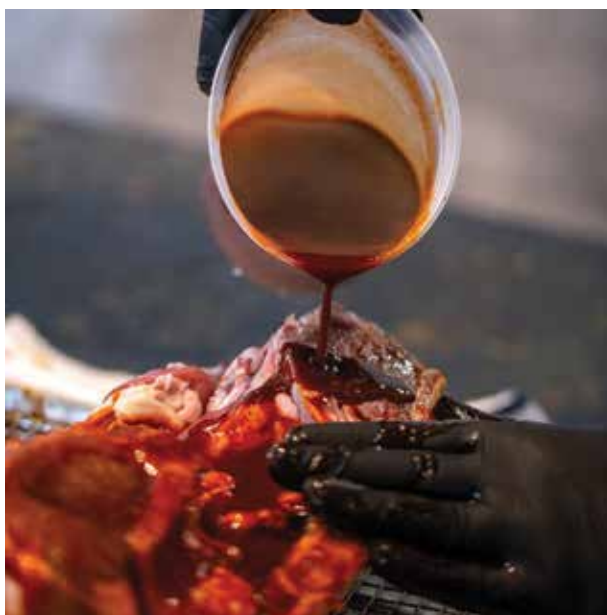
- 3 dried guajillo chiles

- 1 dried pasilla chile
- 1 dried chile de arbol
- 1 ¼ pounds pork shoulder, ground (or packaged ground pork)
- 3 cloves of garlic
- ¼ cup chopped onion
- 2 cloves
- ½ teaspoon black pepper
- Pinch of ground cinnamon
- ½ tablespoon cumin
- 1 tablespoon oregano
- 1 tablespoon smoked paprika
- 1 ¼ tablespoons salt
- ½ cup distilled white vinegar

DIRECTIONS

1. Devein and deseed the chiles. Place them in a bowl of warm water and soak until softened, about 25 minutes.

2. Meanwhile, if grinding your own pork, cut the pork shoulder into cubes and place in freezer along with a ¼-inch (6-mm) grinder plate.



3. Remove chiles from water and add them, along with all other ingredients except pork, to a blender. Purée until smooth.

4. If grinding your own pork, remove meat from freezer once pork reaches 33°F and pass through meat grinder.

5. In a large mixing bowl, use gloved hands to combine ground pork with sauce until well incorporated. Transfer the mixture to a colander and place it over the mixing bowl. Refrigerate uncovered for at least two hours, or up to overnight, so that it dries out slightly.

Note: If you like to make your own sausages, skip the colander step. Stuff the longaniza mixture into natural casings and hang in the refrigerator to dry for at least two days.

For the butter beans and field peas:

- 2 cups fresh butter beans
- 2 cups fresh field peas, such as purple hulls
- 1 recipe longaniza (above)
- 1 ½ teaspoons minced garlic
- 2 tablespoons freshly squeezed lemon juice
- 3 tablespoons unsalted butter
- 4 tablespoons cotija cheese
- Canola oil for frying
- 4 eggs

DIRECTIONS

1. Cook beans and peas separately to ensure



perfect doneness. Put two large pots on the stove. Place butter beans in one pot and field peas in the other. Add water to each pot to cover the beans—about 6 cups. Add salt to each pot, enough that the water tastes like the ocean. Bring both pots to a boil over high heat. Once boiling, lower heat to medium and simmer. Begin checking the beans for doneness after about 30 minutes. The centers should be smooth and creamy with just a bit of tooth. Drain and reserve the cooked beans.

Putting it all together:

1. Heat a large cast-iron skillet over medium-high heat. Add longaniza and cook, breaking the meat up with a wooden spoon. When the longaniza is almost cooked through, about 5 minutes, add the minced garlic and cook until the garlic is golden.

2. Add all the butter beans and field peas to the skillet. Add lemon juice and cook, stirring, for 30 seconds.

Add the butter. As soon as the butter hits the pan, stir quickly to emulsify the lemon juice and butter. Once emulsified, add the cotija and quickly stir to incorporate. Turn off the heat.

3. In a separate nonstick pan, heat canola oil and fry the eggs to your liking—I like mine hard-fried sunny side up. (Depending on the size of your pan, of course, you may need to fry the eggs one or two at a time.)

4. Spoon a serving of beans and peas with longaniza onto each plate and top each serving with a fried egg.

Paulette & Valencia's Gibson by Claire Sprouse

This recipe works equally well with gin, which is the traditional Gibson base, or with vodka. Make it according to your preference. This is a great recipe to batch for a small gathering; below are ratios for making one drink or six.



so the ingredients are fully integrated, adding some dilution from the melting ice. Pile more crushed ice on top into a small dome. Garnish with a large handful of mint sprigs.

To make the spiced red mulberry syrup, muddle 1 cup of red mulberries into 2 cups of sugar and 2 cracked nutmeg seeds. Let sit for 30 minutes, allowing the sugar to absorb the fruit juices. Add 4 cups of hot water and stir until sugar is fully dissolved. Let sit again for 15 minutes. Strain off all solids. Store in a sealed container and keep refrigerated, up to one week.

Jeremy's Cobbler by Claire Sprouse

INGREDIENTS

6 ounces fig-leaf soda mix (recipe follows)
Sparkling water to top
Fresh fig for garnish

DIRECTIONS

1. Building in a highball glass, pour batched fig leaf soda mix over ice, top with sparkling water, and garnish with a slice of fig.

To make the fig-leaf soda mix, combine about ½ cup fresh or dried fig leaves and 4 cups of hot water. Let steep for 15 minutes. Strain off leaves and add 2 cups of granulated sugar to the hot fig leaf tea. Add 1 tablespoon citric acid (or to taste). Store in a sealed container and keep refrigerated, up to two weeks.

INGREDIENTS

For one drink:
1½ ounces Bristow gin or
Cathead vodka
1½ ounces dry vermouth
1 ounce water
1 barspoon of spicy pickling liquid from Haitian pikliz*
Haitian pikliz for garnish

For six drinks:
9 ounces Bristow gin or
Cathead vodka
9 ounces dry vermouth
6 ounces water
1 ounce spicy pickling liquid from Haitian pikliz
Haitian pikliz, for garnish

DIRECTIONS

1. Combine liquid ingredients in a small plastic bottle. There is no need for typical steps like stirring or shaking here. Seal your bottle tightly and store in the freezer for up to two months. Within just a few hours, your martini should be ice cold and can be poured directly into

a coupe or martini glass, without the need for any extra preparation. Garnish with pikliz.

*Haitian pikliz are a combination of shredded and pickled carrots, cabbage, and peppers. They are a staple condiment in Haitian cuisine. A few small producers sell pikliz online, such as haitianpikliz.com. The Madame Gougousse brand is also available on Amazon.

Colette's Julep by Claire Sprouse

INGREDIENTS

2 ounces Maker's Mark bourbon
1 ounce spiced red mulberry syrup (recipe follows)
Mint sprigs for garnish

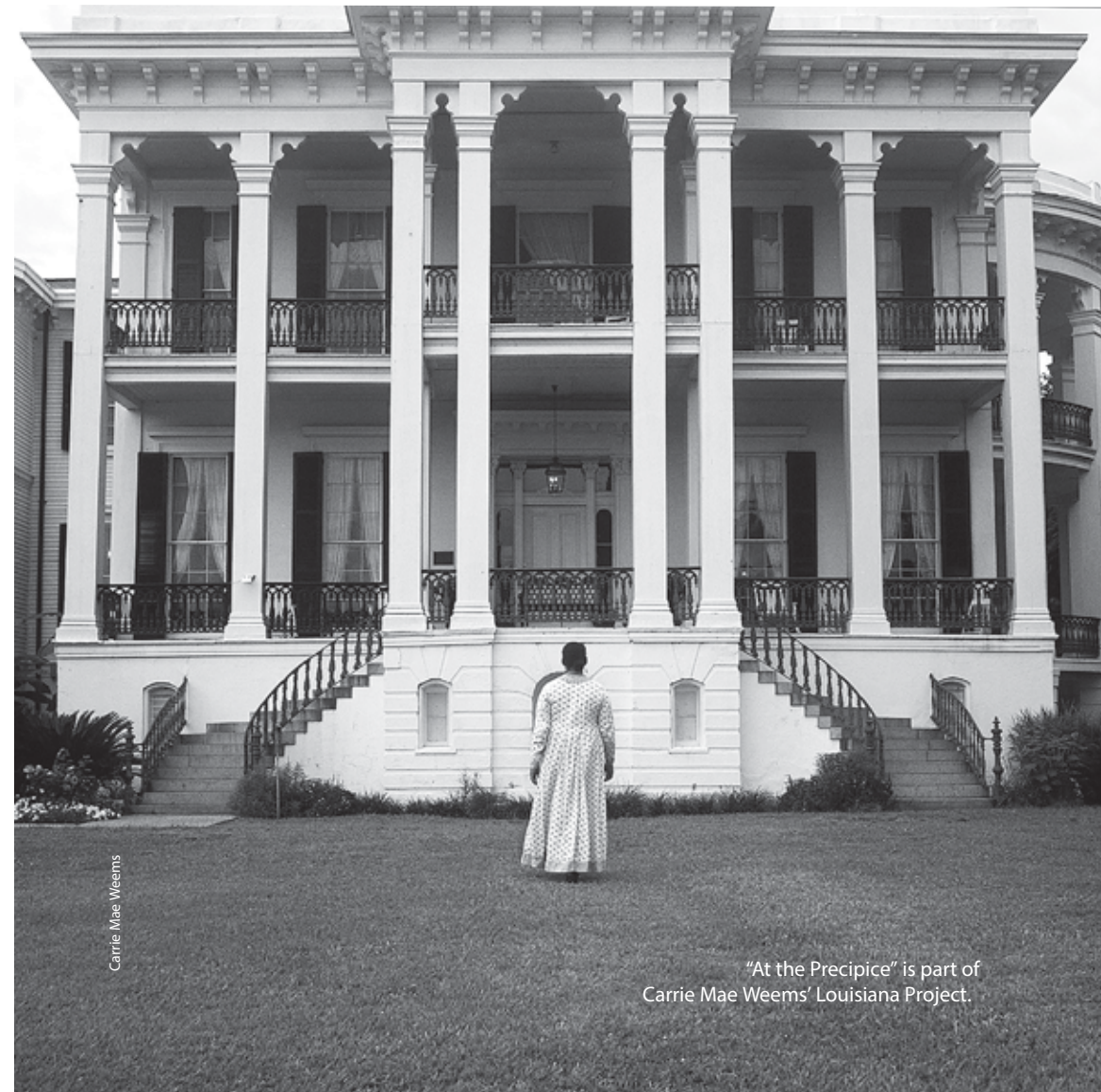
DIRECTIONS

1. In a large rocks glass, combine bourbon and mulberry syrup and top with crushed ice. Use a spoon to swizzle the drink

SEE THE TRUTH

Reading Southern photography

BY W. RALPH EUBANKS



Brittany Herbert

Carrie Mae Weems

"At the Precipice" is part of
Carrie Mae Weems' Louisiana Project.