



SYMPOSIUM RECIPE BOX

Jai Williams



Kimchi Slaw

by *Jiyeon Lee*

I OWN AND OPERATE HEIRLOOM MARKET BBQ in Atlanta with my business partner, Cody Taylor. Our menu is intentionally small. With every dish, I want to be true to Korean cuisine while also striking a note of familiarity with our American customers. At Heirloom, we pile this kimchi slaw on top of our barbecue sandwiches. When Cody and I cooked the Lodge Cast Iron Supper at the 2022 SFA Fall Symposium, we served it on the table as part of a trio of banchan (side dishes). While you might think of kimchi as being a fermented dish, this is a fresh kimchi, meant to be served right away. It's also free of fish sauce, making it vegan-friendly. Of course, the same can't be said for our barbecue!

Serves 12

- 1 head Savoy cabbage, thinly sliced (about 8 cups)**
- 2 cups thinly sliced scallions**
- 2 cups thinly sliced carrots**
- ½ cup kimchi base sauce (recipe follows)**
- 1 tablespoon unseasoned rice vinegar**

Chris Hunt

Combine cabbage, scallions, carrots, base sauce, and rice vinegar in a large bowl. Serve fresh.

KIMCHI BASE SAUCE

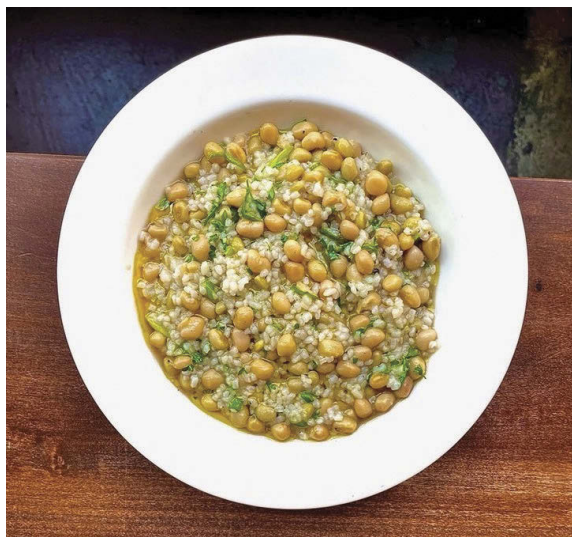
Makes about 2 ½ cups

- 6 garlic cloves**
- 1 ¾ cups water, divided**
- 1 cup coarse gochugaru (Korean red pepper flakes)**
- ½ cup granulated sugar**
- ¼ cup table salt**
- 1 tablespoon freshly ground black pepper**

Add garlic and ½ cup water to a blender and process until smooth, pausing to scrape down the sides as needed.

In a mixing bowl, whisk together the gochugaru, sugar, salt, black pepper, and remaining 1 ¼ cups water until sugar dissolves. Add garlic mixture and stir to combine. Store base sauce in an airtight container in the refrigerator for up to 2 months.

Jiyeon Lee is the chef and owner, with Cody Taylor, of Heirloom Market BBQ in Atlanta.



White Acre Peas and Carolina Gold Rice Middlins

by Rob McDaniel

AT THE 2022 SFA FALL SYMPOSIUM, I served this dish alongside smoked coulotte steak as part of the Tabasco Keynote Dinner. Rice middlins, also known as rice grits, are grains of rice that have been broken in production. They cook faster than long-grain rice and have a consistency similar to corn grits. Back home in Birmingham, I love to make peas and rice for a quick, relatively healthy dinner for my family. It isn't complex, and that is what makes it special. A recipe like this gives humble ingredients the opportunity to show how tall they can stand. I'm also a huge fan of black walnuts, and I try to incorporate them anywhere I can. Keepwell Vinegar out of Pennsylvania makes an apple cider vinegar-based black walnut and bay sauce. I've used it here to complement the nuttiness of the rice and add a depth of flavor that doesn't take away from the simplicity of the dish.

Serves 8

WHITE ACRE PEAS

- 1 cup dried white acre peas (you may substitute crowder peas)**
- 1 ½ quarts (6 cups) chicken stock, preferably homemade**
- 2 bay leaves**
- 8 sprigs of thyme**
- A good pinch of salt and a few grinds of black pepper**

Place the peas in a bowl and add enough water to cover them by at least an inch. Allow the peas to soak overnight. Drain before proceeding with recipe.

Place the peas, chicken stock, bay leaf, thyme, salt, and pepper into a 2-quart pot. Bring to a boil over high heat. Once the peas come to a boil, skim off any foam, lower heat to a simmer, and cover. Cook, stirring occasionally, until the peas are tender, about 30 minutes. Remove from heat and allow the peas to rest in the cooking liquid until ready to combine with the rice.

CAROLINA GOLD RICE MIDLINS

- 1 cup Carolina Gold Rice Middlins, such as Anson Mills (may be labeled rice grits)**
- 1 tablespoon unsalted butter**
- 2 cups chicken stock, preferably homemade**
- 1 bay leaf**
- Pinch of salt**

Melt butter in a 1-quart pot over medium heat. Add rice and stir to coat until all of the grains are glossy. When you smell a nutty aroma, add the stock, bay leaf, and salt. Turn the heat to high and bring to a boil. When the stock boils, cover the pot with a tight-fitting lid. Turn off the heat, but leave the pot on the burner. After 15 minutes, remove the lid.

Spread the rice on a parchment-lined sheet pan to cool. It is ideal to assemble the dish with cold rice or even rice that was cooked the day before so that it absorbs the pea liquor as it reheats.

TO ASSEMBLE THE DISH

- Cooked white acre peas in their liquor**
- Cooked and cooled rice middlins**
- Salt, to taste**
- Freshly ground black pepper, to taste**
- 2 tablespoons Keepwell Black Walnut Bay Sauce**
- Hot sauce, to taste**
- Chopped fresh parsley, for garnish**
- Chopped scallions (green and white parts), for garnish**
- Extra virgin olive oil, for drizzling**

Heat the peas and their cooking liquid to a low simmer. Fold in the rice and add salt and pepper to taste, if you like. Once the rice has absorbed the pea liquor, stir in Black Walnut Bay Sauce and a couple of dashes of hot sauce to taste. Finish with chopped fresh parsley, scallions, and a drizzle of extra virgin olive oil.

Rob McDaniel is the chef of Helen restaurant in Birmingham, which he co-owns with his wife, Emily McDaniel.

North Carolina Shrimp Boil with Peanuts and Pepsi

by Ricky Moore

PEPSI-COLA, WHICH WAS INVENTED IN MY hometown of New Bern, North Carolina, inspired this recipe. When I was growing up, my grandmama and I used to have a treat of cold Pepsi and salted peanuts once a week. The sweet, fizzy soda with the salty-nuttiness of the peanuts left an indelible impression.

I served this shrimp boil for the Simmons Farm Raised Catfish Lunch at the 2022 SFA Fall Symposium. When I'm the one eating it, I mix some of the boil juice with melted butter and add a sprinkle of SSJ Seasoning (see below) to make my own dipping sauce.

Serves 6 to 8

- 2 pounds raw peanuts in shells**
- 3 pounds shrimp, shells on**
- 1 ¼ cups SSJ Seasoning (recipe follows), divided**
- ½ cup sea salt**
- 24 ounces Pepsi**
- 12 ounces pale ale-style beer**
- 4 ounces Worcestershire sauce**
- 4 ounces hot sauce plus extra for serving**
- 4 bay leaves**
- 2 pounds small red potatoes**
- 8 ears corn, shucked**
- 1 Serrano pepper**
- 2 pounds air-dried country sausage, sliced**
- 3 lemons, cut into quarters**
- Melted butter, for serving**

Place the peanuts in a bowl and add enough water to cover them by at least an inch. Soak

overnight. In another large bowl, toss the shrimp with ½ cup of the SSJ seasoning. Cover, refrigerate, and allow to marinate overnight.

Drain the peanuts, then place them in a large stock pot with the salt. Add the Pepsi, beer, Worcestershire sauce, hot sauce, bay leaves, and 1 gallon (16 cups) of water. Place a plate over the peanuts to keep them submerged in the liquid, then bring to a simmer.

Simmer until the peanuts are soft, about 2 hours, adding more liquid (Pepsi, water, or beer) as needed to keep the peanuts covered.

Remove the plate and add the potatoes, corn, and Serrano pepper. Cook until the potatoes are tender, 10 to 15 minutes.

Add the shrimp, sausage, lemons, and ½ cup SSJ seasoning. Cook over medium heat for 15 minutes.

Strain off all of the broth, then pour all of the shrimp, peanuts, corn, and potatoes onto a large table covered with brown paper bags or newspaper.

Serve with bowls of melted butter, hot sauce, remaining SSJ seasoning, and plenty of ice-cold Pepsi and beer to wash it down.

SSJ (SALTBOX SEAFOOD JOINT) SEASONING

Makes about 1 ¼ cups

- 2 tablespoons ground roasted peanuts**
- 1 tablespoon sea salt**
- 1 tablespoon powdered chicken soup base (bouillon)**
- 2 tablespoons sweet or smoked paprika**
- 1 tablespoon granulated onion**
- 1 tablespoon granulated garlic**
- 1 tablespoon dried oregano**
- 2 teaspoons ground black pepper**
- 2 teaspoons mustard powder**
- 1 teaspoon cayenne pepper**
- 1 teaspoon ground mace**
- 1 teaspoon ground coriander**
- 1 teaspoon ground fennel seed**
- 1 teaspoon ground allspice**

Combine all ingredients in a bowl and stir until thoroughly mixed. Store in an airtight container at room temperature. 🍷

Ricky Moore is the chef and owner of Saltbox Seafood Joint in Durham, North Carolina.