



RECIPE BOX

*Cook, pour, and
be transported*

AT SFA'S 2021 FALL SYMPOSIUM, CHEFS AND bartenders shared dishes and drinks inspired by the environments that have shaped their work and our region. Fresh beets and deep-fried grits update a traditional family recipe. Hand-held pastries marry ingredients across continents and cultures. Classic cookies transcend with techniques learned from a mentor. Here, creators share recipes to bring back to your own environment—where, no doubt, they will be adapted anew.



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BETWEEN LAND AND SEA

by Erin Ashford

A dirty martini meets a gin and tonic. An ode to Georgia oystermen Earnest McIntosh Sr., SFA's 2021 Keeper of the Flame honoree, and his son, Earnest McIntosh Jr. With earthy, dry, and citrus notes, the flavors evoke oysters on the half shell, mignonette sauce, and fresh lemon zest.

Makes 6 cocktails

- 5 ounces Bristow gin
- 6½ ounces Cocchi Americano Bianco
- 2 ounces Salers Aperitif gentian liqueur
- ¼ ounce fino sherry, such as Lustau Jarana
- 3½ ounces lemon cordial*
- 12 dashes orange bitters, such as Regan's
- 1 750-ml. bottle Mountain Valley sparkling water
- Extra-virgin olive oil, for finishing
- Pickled okra to garnish, such as Talk O' Texas

Pour the first six ingredients into a small serving pitcher (at least 24 ounces) and gently stir to combine. Set out Collins or highball glasses, and pour 2 to 3 ounces of the mixture into each glass. Fill glasses with cubed ice, then top each with sparkling water and gently stir once, using a bar spoon. Using a pipette, drop 3 to 5 drops of olive oil on top of the ice, then garnish each drink with one piece of pickled okra.

***FOR THE LEMON CORDIAL:** Make a simple syrup by combining 1 cup sugar with 8 ounces water in a small saucepan. Cook on medium-high heat and stir until sugar is completely dissolved and mixture is smooth. Remove from heat and let cool to room temperature. In a separate container, combine 15 ounces of the simple syrup with 15 ounces fresh lemon juice. Stir or shake the mixture to combine fully. Store in a lidded container in the refrigerator for up to 30 days.

Jai Williams

UNDER THE NEON MOON

by Erin Ashford

A toast to 2021 Lifetime Achievement Award winner Bill Smith of Crook's Corner in Chapel Hill, North Carolina, meant to be enjoyed with friends and colleagues under the warm, buzzing lights of neon bar signs. A whiskey sour at its core, it's packed with warm flavors, balancing fruity, sweet, dark, and brooding.

Makes 6 cocktails



- 12 ounces Maker's Mark bourbon
- 1½ ounces Nux Alpina walnut liqueur
- 3 ounces dry Curaçao, such as Pierre Ferrand
- 3 ounces lime juice
- 3 ounces pomegranate grenadine*
- 1½ ounces demerara syrup*
- 6 dashes Angostura bitters
- 6 ml. 2% salt solution*
- Eggplant chips, for garnish*

Pour the first eight ingredients, plus 3 ounces water, into a medium-sized pitcher or jar (at least 32 ounces) and gently stir with a bar spoon. Fill rocks glasses with cubed ice. Pour 3 to 4 ounces of the mixture in each glass. Garnish each drink with an eggplant chip.

***FOR THE POMEGRANATE GRENADINE:** Combine 16 ounces pomegranate juice (such as POM), 16 ounces caster sugar, 4 ounces pomegranate molasses, and 10 ml. orange blossom water into a quart container or lidded jar. Shake vigorously until ingredients are combined and mixture is smooth. Store in the refrigerator for up to 30 days.

***FOR THE DEMERARA SYRUP:** Combine 20 ounces demerara sugar and 10 ounces water into a small saucepan. Cook on medium-high heat until sugar is completely dissolved and mixture is smooth. Let cool to room temperature and store in a lidded container in the refrigerator for up to 30 days.

***FOR THE 2% SALT SOLUTION:** With a scale, measure 4 grams kosher salt and top with 200 grams boiling water. Stir until salt is fully dissolved, let cool to room temperature, and store in an airtight container.

***FOR THE EGGPLANT CHIPS:** Cut one large eggplant into slices about ¼-inch thick. Lay slices, spaced out, on a large sheet pan covered with parchment paper. Sprinkle kosher salt and demerara sugar over the slices and cook in a 350°F oven for 16 to 18 minutes, checking for when they begin to brown. Once golden and crisp, remove from the oven, let cool, and store in an airtight container.



SWEET POTATO TURNOVERS WITH CARDAMOM AND BLACK PEPPER

by Vishwesh Bhatt

I love the way this savory dough plays off the sweet, spicy, and peppery filling. At the SFA Fall Symposium, these turnovers accompanied a pre-dinner cocktail, but they work just as well for dessert. If you don't want to deep-fry, place the turnovers on a parchment-lined sheet pan and bake in a 375°F oven for about 15 minutes, or until golden.

Makes 12 turnovers; serves 6 for dessert or as a cocktail snack

FOR THE SWEET POTATO FILLING:

- 3 large sweet potatoes, peeled and cut into 1-inch cubes
- ¼ cup ghee
- ¾ cup seedless raisins
- 1½ tablespoons cracked black pepper (pieces should be fairly large—crack peppercorns with a mortar and pestle or with the back of a spoon)
- ¾ teaspoon cardamom seeds, crushed (from 4 to 5 pods; crush seeds with a mortar and pestle)
- 2 tablespoons cane sugar crystals (or coarse sugar, sanding sugar, or turbinado sugar)

FOR THE DOUGH:

- ½ teaspoon salt
- 3½ to 4 cups (680 grams) all-purpose flour, sifted, plus more for dusting
- 1 teaspoon cracked black pepper
- 1 teaspoon fennel seeds, crushed
- 4 cups plus 6 tablespoons neutral oil, such as peanut or canola, divided
- 2 tablespoons cane sugar crystals (or coarse sugar, sanding sugar, or turbinado sugar)

Preheat the oven to 350°F. Line a sheet pan with parchment paper.

To make the filling, in a medium bowl, toss the sweet potatoes with ghee. Spread them in a single layer on the prepared sheet pan and bake for 20 minutes, or until cooked through.

Meanwhile, put the raisins in a small bowl and add enough water to cover. Soak for 20 minutes to plump, then drain.

When potatoes are done, return them to the bowl. Toss immediately with black pepper, cardamom, raisins, and 2 tablespoons sugar. Mash the mixture lightly with the back of a spoon. Allow to cool to room temperature. The filling can be made up to a day ahead; let cool completely before storing in a covered container in the refrigerator.

To make the dough, dissolve the salt in 7 ounces warm water; set aside. Combine the flour, pepper, and fennel seeds in the bowl of food processor and pulse until well blended. Continue to pulse the flour mixture while slowly adding 6 tablespoons oil through the feed tube. Remove the lid and scrape down the sides of the food processor. Cover again and, with the motor running, slowly add the salt water through the feed tube until the dough comes together. Scrape the dough onto a lightly floured work surface. Knead the dough (moisten your hands if necessary) until smooth. Shape into a ball or disk, wrap in plastic wrap, and chill for 10 to 15 minutes or up to overnight in the refrigerator.

Divide the chilled dough into 12 equal portions, each slightly smaller than a golf ball. Roll out one portion at a time on a lightly floured surface into a 5-inch circle. Spoon 2 to 3 tablespoons filling in the middle of the circle. Fold the dough in half over the filling to make a semicircle and crimp the edges with a fork to seal. Repeat the process with the remaining portions of dough, until you have 12 turnovers.

Heat 4 cups oil to 350°F in a cast-iron skillet, Dutch oven, or electric fryer. If you don't have a deep-fry thermometer, drop in a scrap of dough to test the temperature. When it sizzles and floats to the top, your oil is ready.

While the oil is heating, line a sheet pan with paper towels and place it near the stove or fryer.

Once the oil is ready, carefully add 3 to 4 turnovers, depending on the size of your pot or fryer. (If the pot is too crowded, it will bring down the temperature of the oil, resulting in soggy, undercooked turnovers. If you see the crust burning, your oil is too hot.) Watch the turnovers, carefully turning them with a slotted spoon until they are golden brown on both sides. Carefully remove the turnovers and place on the prepared sheet pan. Sprinkle with the remaining sugar. Let the oil temperature return to 350°F before adding the next batch. Serve hot or at room temperature.

Jai Williams

Vishwesh Bhatt is the chef at *Snackbar* in Oxford, Mississippi. A native of Ahmedabad, Gujarat, India, he moved to Oxford for graduate school, abandoned academia for restaurant kitchens, and never looked back. This recipe appears in his first cookbook, *I Am From Here*, forthcoming from W.W. Norton in August 2022.





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CANNED BEETS, REVISITED

by Todd Richards

My mother, the late Valoria Viola “V.V.” Richards, made a canned beet salad topped with canned cranberry relish when I was a kid. She strained the liquid from the beets and combined it with vinegar, oil, spices, and honey to make a dressing. My father, Willis Richards Jr., would eat sharp cheddar on crackers, topped with a beet and pickled onions. I love beets myself, and this recipe honors both of my parents’ approaches.

Serves 8 to 10.

FOR THE BEETS:

- 4 large red beets
- 1 tablespoon vegetable oil
- 1 tablespoon olive oil
- ½ cup apple cider vinegar
- 2 tablespoons honey
- 1 teaspoon kosher salt

To cook the beets, preheat the oven to 350°F. Wash beets in cold water and pat dry. Toss beets in vegetable oil and wrap in foil (like a baked potato). Bake beets for 30 minutes, or until a knife easily inserts, and remove from oven. Let stand for 30 minutes, then unwrap the beets and refrigerate for 4 hours. Using a paper towel (and wearing gloves), peel away the outer skin of beets and dice into ½-inch squares. Combine olive oil, apple cider vinegar, honey, and salt. Toss beets in mixture and let stand 15 minutes.

To make the leek custard, preheat the oven to 325°F. Place a heavy-bottomed pot on the stove and bring to medium heat. Add oil and leeks and cook for 5 minutes, until just starting to soften, stirring occasionally. Once soft, add wine, salt, pepper, and thyme and continue to cook. Add heavy

Jai Williams

FOR THE LEEK CUSTARD:

- 2 tablespoons vegetable oil
- 3 leeks, roots removed, washed, and cut into ¼-inch rounds
- ½ cup dry white wine
- 2 teaspoons kosher salt
- ½ teaspoon white pepper
- 2 sprigs thyme, stems removed and chopped
- 1 quart heavy cream
- ¼ teaspoon nutmeg
- 8 eggs, beaten
- 1 ounce goat cheese

FOR THE CRANBERRY ORANGE RELISH:

- 1 cup dried cranberries
- ½ cup cranberry juice
- 3 tablespoons sugar
- Zest and juice from one orange
- ¼ teaspoon dried ginger
- 2 sprigs thyme, stems removed and chopped

FOR THE FRIED GRIT CROUTONS:

- ½ teaspoon plus 2 tablespoons kosher salt
- ½ cup coarse yellow grits, soaked in water for 1 hour
- 1 cup heavy cream
- ¼ cup shredded cheddar cheese
- 1 cup cornmeal
- 2 cups all-purpose flour
- 1 tablespoon granulated onion
- 1 tablespoon granulated garlic
- 1 tablespoon black pepper
- 1 teaspoon curry powder
- 1 teaspoon ground cumin
- 2 cups vegetable oil
- 1 cup crumbled feta cheese

cream and nutmeg, and cook until cream is reduced by half. Turn off the stove. Add in eggs and goat cheese and stir until incorporated. Spray a baking dish with cooking spray and add leek mixture. Bake for 15 to 20 minutes, until the custard is set.

To make the cranberry orange relish, add all ingredients in a heavy-bottomed pot on the stove. Bring to a simmer for 10 minutes, then cover and remove from heat.

To make the fried grit croutons, place a heavy-bottomed stock pot on the stove, add 3 cups water and salt, and bring to a simmer. While stirring, strain the grits into the pot. Cover grits and simmer for 30 minutes, until cooked, stirring occasionally. Once grits are cooked, stir in heavy cream and cheese and remove from heat. Spray dish with cooking spray and pour grits into dish. Let stand for 15 minutes and refrigerate overnight.

To fry the grits, combine cornmeal, flour, and seasonings in a shallow bowl or dish. Remove grits from refrigerator and cut into 1-inch squares. Toss grits in flour mixture. Place skillet on the stove, fill with oil, and bring to medium heat. Place squares of grits into the pan and fry until golden brown, turning if needed, being careful not to overcrowd the pan. Repeat until all croutons are cooked. Place croutons on a paper towel to drain.

To assemble the salad, top leek custard with beet salad. Add grit croutons on top of and around the beets, and top the complete dish with cranberry orange relish and crumbled feta cheese.

Todd Richards is co-owner of the Soulful Company Restaurant Group in Atlanta, where he directs Lake & Oak Neighborhood BBQ. His cookbook, *Soul: A Chef's Culinary Evolution in 150 Recipes*, won the 2018 IACP award for Best American Cookbook.



DOUBLE-ROASTED SPAGHETTI SQUASH WITH BURRATA AND MARINARA SAUCE

by Sarah Grueneberg

When I learned that cooks in Mississippi often serve fried catfish with a side of spaghetti with meat sauce, I knew I had to make this twice-roasted squash to accompany a lunch of Simmons Farm-Raised Catfish. The version here calls for marinara sauce; use your favorite, with or without meat.

Serves 4 to 6

- 2 small spaghetti squash, about 2 to 2½ lbs. each
- Kosher salt and freshly cracked black pepper
- 1 tablespoon olive oil
- 1 cup plus 2 tablespoons Parmigiano-Reggiano
- 1 cup whole milk cottage cheese
- 2 tablespoons thyme leaves, plus more for garnish
- 4 ounces fresh burrata or fresh mozzarella, torn into small pieces
- 2 cups marinara or meaty marinara sauce, warmed

Preheat oven to 425°F. Nestle the spaghetti squash in a folded kitchen towel on a cutting board to help keep it sturdy while cutting. Using a heavy, sharp chef's knife or serrated knife, cut the spaghetti squash in half lengthwise. (I find that gentle rocking motions of the knife, first cutting the skin around the squash, make it easier to cut in half.) Using a spoon, scoop out the seeds from the squash and discard.

Line a baking sheet with foil and spray lightly with oil. Generously season the squash halves with salt and pepper and drizzle with the olive oil. Set the squash halves cut side down on the baking sheet. Bake for 30 to 35 minutes, until the squash skin is tender to the touch. Let rest for 10 minutes, then flip; I like to let the squash steam as it slowly cooks. Using a fork, gently pull and shred the squash from the skin — this squash naturally shreds into its namesake spaghetti-like texture. Spread the shredded spaghetti squash on the baking sheet. Set aside the two squash skins for later.

Place the shredded squash back in the oven and roast for 30 minutes, or until slightly caramelized and drier.

Place the double-roasted squash in a medium bowl and mix in 1 cup of the Parmigiano-Reggiano, cottage cheese, thyme, and lots of black pepper. Divide the squash mixture back into the two reserved squash skins. Top the spaghetti squash with the burrata and the remaining Parmigiano-Reggiano.

When ready to serve, set a broiler to high. (Make sure your squash has enough clearance, which is about 3 to 4 inches from the heat source.) Broil the squash for 5 to 6 minutes, or until golden, bubbly, and the skins of the squash are slightly charred. Remove from the oven, garnish with more thyme, and serve with the marinara or meaty marinara sauce on the side.

Sarah Grueneberg is chef and partner at Monteverde Restaurant and Pastificio in Chicago. A Houston native, she moved to Illinois in 2005 to cook at Spiaggia. She has competed on Top Chef and Iron Chef and hosts the PBS Chicago show Dishalicious. Her first cookbook is forthcoming in fall 2022.



ALMOND CHOCOLATE CHUNK COOKIES

by Caitlin Schumacher

This recipe is adapted from the version I learned from my friend Michelle Polzine of 20th Century Café in San Francisco. The shaping process can seem tedious, but it's necessary to create the layers of melted chocolate and dough. My personal touch is using half almond paste and half butter—I enjoy the flavor and puff that the almond paste lends these cookies.

Makes 20 cookies

- 17 ounces all-purpose flour
- 1 ¼ teaspoons baking soda
- 1 ½ teaspoons baking powder
- 1 ½ teaspoons kosher salt*
- 5 ounces butter, at room temperature
- 5 ounces almond paste, at room temperature*
- 16 ounces muscovado sugar*
- 1 teaspoon vanilla paste*
- 2 eggs, at room temperature
- 12 ounces 70% chocolate pistoles*
- Coarse sea salt, for sprinkling

Sift the flour, baking soda, and baking powder into a large bowl. Add the salt and set aside.

In the bowl of an electric mixer fitted with the paddle attachment, paddle the butter and almond paste until well combined. Add the muscovado sugar and vanilla paste. Paddle on medium speed for at least 5 minutes, scraping down around the sides and bottom of the bowl at least once. The mixture should be light and fluffy.

Scrape down the sides of the bowl. With the mixer running on medium-low speed, add the eggs, one at a time.

Stop the mixer and scrape down. Add the flour mixture to the mixing bowl. Paddle on low speed until almost incorporated. Stop mixing when there are still streaks of flour around the edges of the bowl.

***INGREDIENT NOTES:** I use King Arthur all-purpose flour for most of my baking — it has a higher protein content than most other all-purpose flours. I only use Diamond Crystal salt, as other brands vary in salinity and coarseness. My preferred brand of almond paste is Mandelin; I also like American Almond. Muscovado sugar is worth seeking out for its deep, complex flavor, but dark brown sugar will do. If you cannot find vanilla paste, you may scrape the seeds from a vanilla bean or use vanilla extract. My favorite baking chocolate is Valrhona Guanaja 70%. Whatever brand you use, the chocolate should be in a pistole (disk) shape to achieve the layers and giant chocolate chunks in this cookie.

Add the chocolate to the mixing bowl. Paddle on low speed for about 5 seconds—you will hear the (super satisfying) crunch, crunch, crunch of the chocolate pistoles breaking apart. Do not overmix! The pistoles should mostly be broken in half, and you want some to stay whole.

On a parchment-lined quarter sheet pan, scrape and pat the dough into an even layer. It should fully fill the pan to the corners and all the way up to the top edges. Wrap in plastic, and chill for several hours or until very firm.

Preheat oven to 350°F.

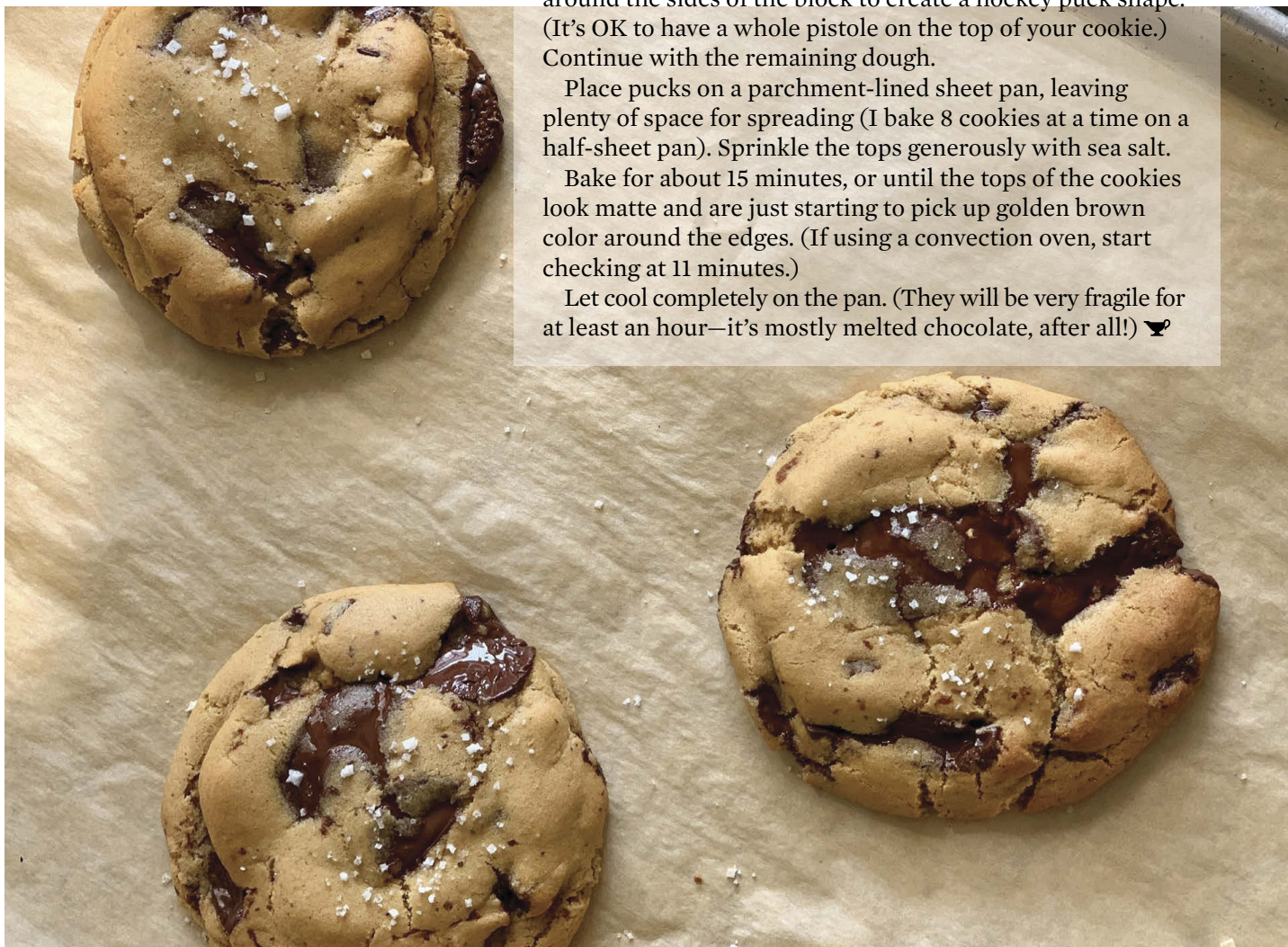
Using a metal bench scraper, cut the cold dough (still in the pan) into 20 even pieces. If you like, you can then weigh each piece and adjust to reach a 3-ounce portion. Use the bench scraper to pop the dough blocks out of the pan. Using both hands, and without flattening the dough block (it should stay the same height as it was in the pan), press around the sides of the block to create a hockey puck shape. (It's OK to have a whole pistole on the top of your cookie.) Continue with the remaining dough.

Place pucks on a parchment-lined sheet pan, leaving plenty of space for spreading (I bake 8 cookies at a time on a half-sheet pan). Sprinkle the tops generously with sea salt.

Bake for about 15 minutes, or until the tops of the cookies look matte and are just starting to pick up golden brown color around the edges. (If using a convection oven, start checking at 11 minutes.)

Let cool completely on the pan. (They will be very fragile for at least an hour—it's mostly melted chocolate, after all!) ♡

Caitlin Schumacher



Caitlin Schumacher operates *Girl Nextdough*, a small-batch baking food truck in Charleston, South Carolina. A Chapel Hill native, she first cooked under Karen Barker at *Magnolia Grill* in Durham, North Carolina, and was SFA's inaugural Karen Barker Baker at the 2021 Fall Symposium.