

Kentucky Slow-Cooker Burgoo

From fall to winter, this slow-cooker stew will keep you warm.

By **Southern Living Test Kitchen** | Published on September 13, 2021

Active Time: 20 mins

Slow Cook Time: 8 hrs

Total Time: 8 hrs 30 mins

Servings: 6

Ingredients

- 2 tablespoons unsalted butter
- 2 (4-oz.) spicy pork sausage links, casings removed
- 1 (2½-lb.) boneless pork shoulder, trimmed and cut into 4 pieces
- 1 cup chopped yellow onion (from 1 onion)
- ¾ cup chopped carrot (from 1 large carrot)
- ¾ cup chopped green bell pepper (from 1 small bell pepper)
- 3 garlic cloves, minced (about 1 Tbsp.)
- 3 cups chicken stock
- 12 ounces russet potatoes, cut into ¾-inch pieces
- 2 cups chopped green cabbage (from 1 small head)
- 2 cups frozen corn kernels
- 1 (15.5-oz.) can cannellini beans, drained and rinsed
- 3 tablespoons Worcestershire sauce
- 1 tablespoon kosher salt
- 2 teaspoons black pepper

Directions

Step 1

Melt butter in a large Dutch oven over medium-high. Add sausage links. Cook, stirring occasionally, until browned, about 6 minutes. Transfer to an 8-quart slow cooker.

Step 2

Add pork to Dutch oven. Cook until very well browned, about 12 minutes, turning once. Transfer to slow cooker.

Step 3

Add onion, carrot, bell pepper, and garlic to Dutch oven. Cook, stirring often, until tender, about 6 minutes. Stir in stock. Bring to a boil, scraping to loosen browned bits from bottom of pot. Transfer to slow cooker. Add potatoes, cabbage, corn,

Bean and Sausage Stew

1# Echrich smoked sausage cut into ¼ inch rounds or something similar

Add 1 cup of each of the following: celery, 1 cup ^{CARROTS} frozen Lima beans, onions and peppers-precooked in the microwave or on stovetop

1 cup packed brown sugar

2 tbsp. dry mustard

Add: 1 can ^{BLACK-EYED PEAS} yellow wax beans, 1 can green beans, 1 can kidney beans, 1 can pinto beans, and 1 can ^{BUTTER BEANS} white beans, all drained 1 CAN GARBANZO BEANS

Canned pork and beans, NOT drained

1 ^{LARGE CAN CRUSHED TOMATOES} can of tomato soup-I use Progresso Hearty Tomato-plus 1 can water 1 CUP WATER

1 sm. can tomato paste

Blend together and cook on high in Crockpot until serving time.

Recipe submitted by Marty Oakley, adapted from a recipe from my friend

Bonnie Mathies, Celina, OH

Mint Julep Mocktail



5 from 14 votes

A fresh mint julep mocktail that's perfect for celebrating the Kentucky Derby or just because.

Prep Time
5 mins

Total Time
5 mins

Course: Drinks Cuisine: American Servings: 2 Calories: 57kcal Author: Nat

Ingredients

For the mint syrup (see Note 1 below if you want to skip the syrup and make it with fresh mint instead)

- 1 cup water
- ½ cup sugar
- 1 cup mint

For the julep mocktail

- 1 cup ginger ale or non-alcoholic bourbon
- Crushed ice
- Mint sprigs to garnish (optional)

Instructions

1. To make the mint syrup, combine sugar and water in a small saucepan over medium heat. Stir until the sugar dissolves.
2. Add mint and increase the heat until the mixture comes to a gentle boil, stirring occasionally.
3. Reduce heat to low, replace the lid and simmer for 10 minutes.
4. Remove from the heat and leave covered until the mixture cools (the longer you leave it, the stronger the mint flavor will be).

Leave to cool, then strain.
5. Fill your cups with crushed ice. Add ½ cup of ginger ale or non-alcoholic bourbon to each cup, then ¼ cup of mint syrup. (See note 2)
6. Stir gently and garnish with a mint sprig.

Notes

Note 1: if you'd prefer a quick recipe and don't want to wait for the simple syrup to cool, try this version with fresh mint:

Makes 1

8 mint leaves

1-2 teaspoons sugar (or sugar cubes)

½ cup ginger ale

Muddle mint and sugar in the bottom of your glass, just enough to release the scent and oils from the mint.

Fill your glass with crushed ice. Top with your choice of ginger ale or non-alcoholic bourbon.

Stir gently, garnish with mint and serve.

Note 2: if the ratio of ½ cup ginger ale and ¼ cup syrup is too sweet, you can adjust it to ¾ cup ginger ale and 1 tablespoon mint syrup.

Note 3: Traditionally, mint juleps are made with bourbon.

Although it is delicious with ginger ale, if you're looking for a more authentic experience, find a non-alcoholic bourbon in your area (most likely online!).

I tested this recipe with Lyre's American Malt in place of the ginger ale and it was delicious.

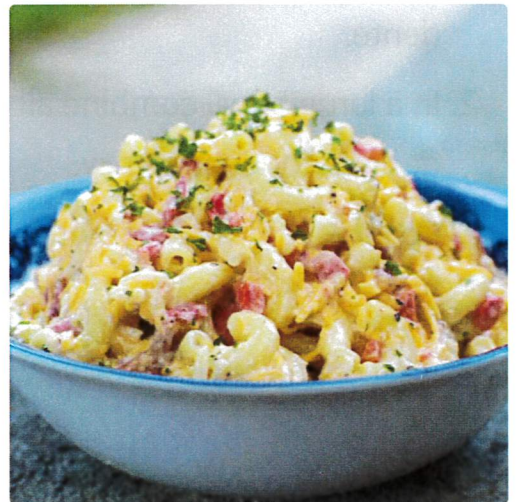
Nutrition

Serving: 250mls | Calories: 57kcal | Carbohydrates: 14g | Protein: 1g | Fat: 1g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Sodium: 14mg | Potassium: 135mg | Fiber: 2g | Sugar: 11g | Vitamin A: 1010IU | Vitamin C: 8mg | Calcium: 62mg | Iron: 1mg

Pimento Cheese Pasta Salad

JC Phelps

Creamy, cheesy, and superbly southern -- this Pimento Cheese Pasta Salad is your soon-to-be favorite side dish!



★★★★★ 5 from 23 votes

				
PREP TIME		COOK TIME	TOTAL TIME	
5 mins		20 mins	25 mins	
				
COURSE	CUISINE	SERVINGS	CALORIES	
Side Dish, Southern	American	12 servings	420 kcal	

INGREDIENTS

- 12 oz Elbow Macaroni
- 1.5 c Sharp Cheddar shredded
- 1.5 c Pepper Jack Cheese shredded
- 1.5 c Mayonnaise
- 7 oz Pimentos drained
- 8 slices Bacon chopped
- 1 tbsp Garlic Powder
- 2 teaspoon Black Pepper
- Kosher Salt to taste

INSTRUCTIONS

1. Cook pasta according to directions on box. You'll want the pasta to be cooked al dente.
2. In a large bowl, combine all ingredients until well-mixed. Add more mayonnaise, if desired, for consistency.
3. Cover + refrigerate before serving. Enjoy!



KEYWORD

pasta salad, pimento cheese, pimento cheese pasta salad

Tried this recipe?

Let us know how it was!

Food And Cooking > Recipes

Shrimp and Grits

This is a speedy version of the Southern classic.

BY REE DRUMMOND Published: Jan 9, 2024

YIELDS:
6 serving(s)

PREP TIME:
20 mins

TOTAL TIME:
20 mins

Ingredients

5 c. low-sodium chicken stock, divided

3/4 c. quick cook grits

1 1/2 c. grated pepper jack cheese

1 1/2 c. grated sharp cheddar

1/2 c. mascarpone, softened

4 tbsp. butter, divided

Kosher salt and pepper, to taste

1 tbsp. Olive oil

1 1/2 lb. jumbo shrimp, peeled and deveined

1 tbsp. Cajun seasoning

6 strips bacon, chopped

1 onion, chopped

1 red bell pepper, seeded and chopped

1 jalapeño pepper, seeded and chopped

1 tbsp. tomato paste

Hot sauce, to taste

Directions

[SAVE RECIPE](#)

- 1 | In a saucepan, bring 3 cups of the chicken stock to a boil. Slowly stir in the grits. Return to a boil and cook for 3 to 4 minutes. Turn down the heat and stir in the pepper jack, cheddar, and mascarpone. Cook for another 3 to 4 minutes. Stir in 2 tablespoons of the butter, season with salt and pepper to taste, and keep warm.
- 2 | In a separate saucepan, heat the remaining 2 cups of stock until hot.
- 3 | Meanwhile, in a large skillet over medium-high heat, heat the oil and remaining 2 tablespoons of butter. Season the shrimp with the Cajun seasoning and some salt and pepper. Add

1/2 lemon, juiced

2 green onions, sliced, to serve

[See Nutritional Information](#) ▾

the shrimp to the skillet and cook for 1 to 2 minutes on each side, then remove and set aside. (The shrimp will finish cooking in the sauce.)

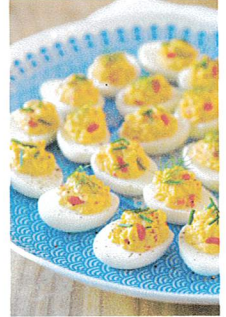
- 4 | Add the bacon, onion, bell pepper, and jalapeño to the skillet and season with a little more salt and pepper. Cook over high heat until beginning to brown, about 3 minutes. Add the tomato paste and cook for 1 minute. Stir in the hot stock and add hot sauce to taste. Return the shrimp to the skillet with any juices that have accumulated. Cook until the shrimp are just cooked through, another 2 minutes. Add the lemon juice. Season with more salt and pepper.
- 5 | To serve, spoon the shrimp and sauce over the grits and top with green onion.

Tip: I love adding a few dashes of Cholula hot sauce!

May-Derby Days - Christine Scarlett

Pimento Cheese Deviled Eggs

Easy and addictive Pimento Cheese Deviled Eggs! Bold and zesty with a rich pimento cheese recipe for the filling.



Prep Time
20 mins

Cook Time
12 mins

Total Time
32 mins

Course: Appetizer Cuisine: American Servings: 24 Calories: 80kcal
Author: Sommer Collier

★★★★★
5 stars (2 reviews)

Ingredients

- 12 hard boiled eggs
- 2 ounces cream cheese
- 2 tablespoons mayonnaise
- 2 teaspoons Dijon mustard
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 3 ounces shredded sharp cheddar cheese
- 3 ounces shredded pepper jack cheese
- 2 1/2 tablespoons pimento peppers drained and diced
- Fresh herbs for garnish

Instructions

1. Peel and rinse the hard boiled eggs. Then cut them in half and remove the yolks. Place the whites on a serving tray. Place the yolks in the food processor.
2. Add the cream cheese, mayonnaise, mustard, paprika, and garlic powder to the food processor. Puree until completely smooth, then add the shredded cheeses and diced pimentos. Pulse to combine, but do not puree.
3. Scoop (or pipe) the pimento cheese filling into the center of each egg white. Then top with fresh dill sprigs or chives as a garnish. Sprinkle with pepper if desired. Wrap well and refrigerate until ready to serve.

Nutrition

Serving: 1g | Calories: 80kcal | Carbohydrates: 1g | Protein: 5g | Fat: 6g | Saturated Fat: 3g |
Cholesterol: 102mg | Sodium: 95mg | Potassium: 46mg | Fiber: 1g | Sugar: 1g | Vitamin A: 260IU |
Vitamin C: 1.3mg | Calcium: 68mg | Iron: 0.4mg

All images and text ©Sommer Collier for A Spicy Perspective

Cindy W.



RECIPES > DESSERTS > DESSERTS BY TYPE > PIES

Chocolate Bourbon Pecan Pie

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
15 mins	50 mins	65 mins	8 to 10 servings

NOTE

The pie crust used in this recipe can be made up to two days in advance. If you're making it the day of, you'll need to budget about 2 hours of time to make it and let it chill.

Ingredients

- 1 prepared pie crust, chilled
- 6 tablespoons unsalted butter
- 1 cup (180g) dark brown sugar, lightly packed
- 1 cup corn syrup
- 3 large eggs
- 2 tablespoons bourbon
- 1 teaspoon vanilla extract
- 1/2 teaspoon kosher salt
- 2/3 cup (110g) semi-sweet or dark chocolate chips or chunks, divided
- 1 1/4 cups (125g) pecan halves

Method

1. Preheat the oven:

Position an oven rack in the bottom third of the oven. Preheat it to 400°F.

2. Prepare the crust:

On a lightly floured surface, use a rolling pin to roll out the pie dough into a 12-inch circle. If you're using store-bought pie dough, simply unroll or unfold.

Transfer the dough into a 9-inch pie pan. Press the crust into the bottom corners of the pan. Use a knife or kitchen scissors to trim any extra pieces of dough, leaving a 1-inch overhang over the edge.

Fold the edges of the crust underneath itself so that the folded edge of the crust is just slightly wider than the edges of the pie pan. Use your fingers or knuckles to crimp the crust all the way around.

Transfer the lined pie pan to the fridge while you make the filling.

3. Make the filling:

In a medium heatproof mixing bowl, add the butter, cover the bowl with a paper towel, and microwave it in 30-second increments until just barely melted, stirring each time.

Add the brown sugar and corn syrup, and whisk to combine. Add the eggs and whisk until a smooth mixture forms. Whisk in the bourbon, vanilla, and salt.

4. Assemble the pie:

Retrieve the lined pie pan from the fridge and place it on a rimmed baking sheet. Sprinkle in the chocolate chips or chunks in an even layer, reserving a handful for decorating. Sprinkle in the pecans in an even layer.

Give the filling a stir. Slowly pour it over the chocolate chips and pecans, coating the nuts with the mixture. Garnish the top with the reserved chocolate chips.

5. Bake:

Transfer the baking sheet and pie to the oven and bake for 10 minutes, then decrease the temperature to 350°F.

Continue baking until the crust is golden brown and the filling is set around the edges with a slight jiggle in the center, 40 to 50 minutes.

6. Cool and serve:

Transfer the pie to a cooling rack and cool completely before serving, at least 2 hours.

Did you love the recipe? Give us some stars and leave a comment below!

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PIES

EASY PIES

THANKSGIVING DESSERTS

PECANS

Nutrition Facts (per serving)

552	30g	70g	6g
CALORIES	FAT	CARBS	PROTEIN

Easy Apple Coleslaw

★★★★★

This is our favorite cole slaw recipe, a yummy combo of fruit and veggies in a sweet dressing.

Prep: 25 mins

Total: 25 mins

Servings: 6

Yield: 6 servings



Ingredients

3 cups chopped cabbage

1 unpeeled red apple, cored and chopped

1 unpeeled Granny Smith apple, cored and chopped

1 carrot, grated

½ cup finely chopped red bell pepper

2 green onions, finely chopped

⅓ cup mayonnaise

⅓ cup brown sugar

1 tablespoon lemon juice, or to taste

Directions

Step 1

In a large bowl, combine cabbage, red apple, green apple, carrot, red bell pepper, and green onions. In a small bowl, mix together mayonnaise, brown sugar, and lemon juice. Pour dressing over salad.

Nutrition Facts

Per Serving: 137 calories; protein 1g; carbohydrates 25.2g; fat 4.5g; cholesterol 3.4mg; sodium 107.6mg.

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~~Bacon~~ and Benedictine Tea Sandwiches

JC Phelps

Benedictine is both a Kentucky and a southern staple; for the ultimate version, try these Bacon and Benedictine Tea Sandwiches from Kentucky food blogger JC Phelps!

★★★★★ 5 from 12 votes



PREP TIME

10 mins

TOTAL TIME

10 mins



COURSE
Appetizer

CUISINE
American



SERVINGS
12 servings

CALORIES
75 kcal

INGREDIENTS

- 1 English Cucumber diced
- 3 tablespoon ~~Purple~~ Onion diced
- ~~6 slices Bacon chopped~~
- 8 oz Cream Cheese softened
- ~~3 dashes Hot Sauce~~
- ~~2~~ drops Green Food Coloring
- Kosher Salt to taste $\frac{1}{4}t$.
- Garlic Powder to taste
- ~~White~~ Loaf Bread cut into circles *or diamond shape*
cracked wheat

1 T mayonnaise

~~$\frac{1}{4}t$ salt~~

$\frac{1}{8}t$ cayenne pepper

INSTRUCTIONS

1. In a large bowl, mix softened cream cheese, cucumbers, ~~red~~ onion, hot sauce, green food coloring, kosher salt, and garlic powder until well-combined.

Mayonnaise + cayenne pepper

2. ~~Fold in~~ ~~bacon~~. Refrigerate until ready to serve.
3. Using either the edge of a measuring cup, lid, or a cookie cutter, cut circles out of the middle of the ~~white~~ loaf bread.
4. Spread benedictine on bread and serve. Enjoy!

NUTRITION

Calories: 75kcal	Carbohydrates: 2g	Protein: 1g	Fat: 7g
Saturated Fat: 4g	Polyunsaturated Fat: 1g	Monounsaturated Fat: 2g	Cholesterol: 20mg
Sodium: 61mg	Potassium: 65mg	Fiber: 1g	Sugar: 1g
Vitamin A: 280IU	Vitamin C: 1mg	Calcium: 23mg	Iron: 1mg



KEYWORD

appetizers, bacon, bacon and benedictine, bacon and benedictine tea sandwiches, benedictine, kentucky derby, kentucky derby party, southern, southern food, southern recipes, tea sandwiches

made by Sharrls Cook

~~Tried this recipe?~~

~~Let us know how it was!~~

Peggy

Kentucky Hot Brown Bites

Mornay Sauce

1 Tbsp. butter

1 Tbsp. flour

1 cup milk

½ tsp. salt

Pinch of pepper

Freshly grated nutmeg to taste

½ cup coarsely grated Gruyere or Swiss cheese

Hot Brown Bites

1 8-oz. can refrigerated crescent rolls

1 cup finely chopped cooked turkey

~~1~~ ¾ cup mornay sauce

2 slices bacon, chopped

1 small tomato, diced

¼ cup grated parmesan cheese

For the Mornay Sauce: Melt butter. Stir in flour and cook for 1 minute. Stir in milk and remaining ingredients and stir over heat until creamy. Allow to cool slightly.

For the Hot Browns: Lightly spray mini muffin pans. Unroll the crescent rolls and press dough into one large rectangle. Cut rectangle into 24 squares. Press dough squares into muffin cups and shape up around the edges.

Combine turkey and mornay sauce and fill each muffin cup. Top with diced tomato, bacon and parmesan cheese.

Bake 350 until lightly browned. 15 minutes

Harry Young's Burgoo Recipe

A classic Southern stew meant to be shared.

By **Southern Living Test Kitchen** | Updated on November 17, 2023

Active Time: 45 mins

Total Time: 5 hrs

Servings: 25

Ingredients

- 1 (2- to 2 1/2-lb.) bone-in pork loin roast
- 1 (3 1/2-lb.) whole chicken
- 3 qts. water
- 4 lbs. 80/20 ground beef
- 6 cups frozen whole kernel corn (about 2 lb.)
- 5 cups frozen purple hull peas (about 1 3/4 lb.)
- 5 cups frozen lima beans (about 1 3/4 lb.)
- 3 cups chopped cabbage (about 16 oz.)
- 3 cups diced russet potato (about 16 oz.)
- 3 cups chopped yellow onion (about 12 oz.)
- 1 (32-oz.) bottle tomato or vegetable juice (such as V8)
- 1 (28-oz.) can crushed tomatoes, undrained and chopped
- 2 cups frozen cut okra (about 10 oz.)
- 3 cups diced carrots (about 1 lb.)
- 1 1/2 cups chopped green bell pepper (about 6 oz.)
- 3/4 cup chopped celery (about 3 stalks)
- 1/4 cup chopped fresh flat-leaf parsley
- 1 Tbsp. crushed red pepper
- 1 Tbsp. kosher salt
- 1 Tbsp. celery salt
- 1 1/2 tsp. black pepper

Directions

Step 1

Cook pork and chicken:

Combine pork, chicken, and water in a large Dutch oven; bring to a boil over medium-high. Cover and reduce heat to medium-low. Simmer 2 hours.

Step 2

Shred meat:

Remove meat, reserving cooking liquid in Dutch oven. Let meat cool about 15 minutes. Remove and discard bone from pork; shred pork. Shred chicken, discarding skin and bones. Refrigerate shredded chicken and pork in airtight containers until ready to add to recipe in Step 3.

Step 3

Cook ground beef:

Brown one-third of ground beef in a large skillet over medium-high, stirring to crumble, until no longer pink, 6 to 7 minutes; drain. Transfer beef to a large bowl. Repeat procedure twice with remaining ground beef.

Step 4

Combine remaining ingredients, and simmer:

Stir ground beef, corn, peas, lima beans, cabbage, potato, yellow onion, tomato juice, tomatoes, okra, carrots, green bell pepper, celery, parsley, red pepper, kosher salt, celery salt, and black pepper into reserved cooking liquid in Dutch oven. Bring to a boil over high. Reduce heat to medium-low, and simmer, stirring often, 2 hours, adding in shredded pork and chicken during last 15 minutes.

Frequently Asked Questions

Is burgoo like Brunswick Stew? ▼

Burgoo and Brunswick stew are both one-pot, hearty stews that contain different types of meats and vegetables, cooked long and low for a tender, meaty result. One main differentiator is that burgoo may contain mutton, while Brunswick stew does not.

Why is it called burgoo? ▼

While there's no definitive answer on where the name burgoo originated, it may have come from the French word *ragout*, a combination of the Welsh words for yeast (*burym*) and cabbage (*cawl*), or the Arabic *burjūl*.

What state is best known for burgoo? ▼

Kentucky is famous for its burgoo, and it's often served as part of the Kentucky Derby, as well as for political and other sports events.