

PEG LEG PURKER TAILOR GOO GOO  
SINEMA PINWOOD SOCIAL BASTION



# Recipe Notes

A TASTE OF MUSIC CITY

**VOL.  
2**

**NOW WITH MORE RECIPES!**



HENRIETTA RED ETCH MARTIN'S BBQ  
CAFE ROZE CHRISTIE COOKIE THAI ESANE



**NOW WITH OVER 20 NEW RECIPES!**

Welcome to *Recipe Notes: A Taste of Music City*, a digital collection of recipes from some of Nashville's most beloved restaurants and chefs. While Nashville has historically been known for Meat and Three meals, BBQ, and Hot Chicken, in more recent years the food (and drink) scene has become more diverse, and garnered the attention of celebrity chefs, media, and Nashville's many visitors.

During these challenging times, we know many are cooking at home more than usual. We hope this small collection of Nashville recipes can bring a taste of Music City into your homes. Cook these dishes at home, and enjoy them with your loved ones. When it is safe to travel, we hope these recipes you created at home (and no doubt devoured!) inspire you to visit Nashville, stop by these restaurants, and enjoy the original creations. It is more important than ever to patronize and support locally owned restaurants

to help ensure they are in business for years to come. In the Index, you will find the restaurant addresses, websites, and phone numbers to help you plan your next visit.

We hope these recipes provide you with comfort, inspiration, and a taste of Music City. Most importantly, we hope they bring you a bit of joy during these trying times.

**Visit us at [www.visitmusiccity.com](http://www.visitmusiccity.com).**



Bastion



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# APPETIZERS



**Green Chile Queso**

*Photo by BRND House*



Photo by TC Restaurant Group

**YIELD** 8 SIDE SERVINGS / 4 ENTREE SERVINGS

## Cowboy Mac

*From Jason Aldean's Kitchen + Rooftop Bar, TC Restaurant Group, Chef Tomasz Wosiak*

2 ½ cups heavy cream  
1 cup chicken stock  
2 TBSP garlic  
¼ tsp nutmeg  
½ TBSP crushed red pepper  
¼ tsp oregano  
1 can favorite IPA  
2 cups shredded cheddar cheese  
½ cup pepper jack cheese (leave out for no spice)  
5 strips precooked and crumbled bacon (optional)  
1 lb cavatappi pasta (or your favorite pasta)  
2 TBSP herb butter  
Toasted Italian breadcrumbs for topping  
Parmesan cheese to top

Bring cream and chicken stock to a simmer in a large saucepan. Add garlic, nutmeg, crushed red pepper, and oregano. Whisk in cheddar cheese and pepper jack (for less spice omit pepper jack and use more cheddar). Whisk in IPA, season with salt and pepper to taste, and simmer 5 minutes. Stir in bacon (if using), add pasta, and season as needed. Mix in herb butter. Top with toasted Italian breadcrumbs. Top with parmesan cheese.

Top with Nashville Hot Chicken for an added kick!



Photo by BRND House

**YIELD** 2-3 SERVINGS

## Green Chile Queso

*From Mother's Ruin*

2% white American cheese, diced and room temperature (2 blocks)  
12 oz. can Tecate beer  
4 poblano peppers  
1 small jalapeño  
2 TBSP good quality pickle juice  
1 TBSP Cholula Hot Sauce  
1 TBSP white distilled vinegar  
2/3 cup sour cream

Toss peppers with a light coating of olive oil and grill until blackened and cooked through. Place peppers in a bowl and cover with plastic wrap. Once cooled to room temperature, split peppers and remove seeds and skin without rinsing, some blackened skin is absolutely fine.

Pulse peppers in a food processor until coarse chunks remain.

Bring beer to a simmer in a saucepot and add cheese.

Turn the heat down very low, and cover the saucepot. Stir with a heat resistant rubber spatula every few minutes to avoid any browning on the bottom of the pot.

Once the cheese has fully melted, whisk in remaining ingredients until fully combined.

Serve with fresh corn chips, sliced scallions, lime wedges, and ice cold Tecates.

*Note: White American cheese's consistency varies from brand to brand, more or less beer may be required depending on the brand you choose.*

YIELD 6-8 SERVINGS

# Bastion Nachos

From Bastion

## NACHOS

12 to 16 oz. tortilla chips  
(1 large bag)

One 3 to 4 lb smoked  
or rotisserie chicken,  
shredded (about 2 cups  
of meat)

1 cup grated American  
cheese

1 cup Bastion Queso,  
warm

½ cup pickled jalapeno  
slices

½ cup Pickled Red  
Onions

½ cup sliced black olives

2 radishes, thinly sliced

½ cup chopped cilantro

½ cup sour cream

½ cup crumbled cotija  
cheese

1 cup Raw Tomatillo  
Salsa

Black Hot Sauce

## BASTION QUESO (MAKES 2 CUPS)

1 cup whole milk

1 cup beer (nothing  
hoppy)

2 TBSP pickled jalapeno  
brine

1 lb Velveeta Queso  
Blanco, shredded

## RAW TOMATILLO SALSA (MAKES 2 CUPS)

1 pound tomatillos  
(about 6 medium)—  
husks removed, washed  
and quartered

½ small white onion,  
diced

1 large jalapeno pepper  
(with or without seeds),  
coarsely chopped

1 large garlic clove,  
chopped

1 TBSP kosher salt

2 tsp sugar

## BLACK HOT SAUCE (MAKES 1½ CUPS)

11 small white onion, cut  
into ½-inch slices

1 large poblano pepper

3 jalapeno peppers

3 serrano peppers

3 habanero peppers

1 bulb roasted garlic,  
separated into cloves

1 TBSP honey

Kosher salt, to taste

2 tsp sugar

## Bastion Queso

In a large saucepan, combine the milk, beer and jalapeño brine. Bring to a simmer over medium-high heat, then whisk in the Velveeta until it's melted and glossy. Keep warm until ready to use.

## Raw Tomatillo Salsa

In a blender, combine the tomatillos, onion, jalapeño and garlic. Stir in the salt and sugar and refrigerate until ready to use, up to 3 days.

## Black Hot Sauce

Prepare a hot grill or preheat the broiler to high. Grill (or broil) the onions and peppers, turning frequently, until blackened all over, removing the smaller peppers as they're finished (the poblanos will take the longest). When the peppers are cool enough to handle, discard the stems and seeds (or leave the seeds in if you like a very spicy salsa). Transfer the peppers to a blender, add the garlic and honey and blend at high speed until the sauce is smooth; season to taste with salt. Refrigerate until ready to use, up to 1 week.

## Nachos

Preheat the oven to 400°. Arrange half of the chips on a rimmed baking sheet. Scatter half of the chicken and American cheese over the chips. Repeat to form a second layer of chips, chicken and cheese. Bake until the cheese has melted, about 5 to 7 minutes.

Pour a generous amount of queso over the chips. Arrange the remaining toppings over the chips and serve with the tomatillo salsa and hot sauce on the side and/or drizzled over the chips.



Photo by Andrea Behrends

YIELD 4-6 SERVINGS

# Redneck Nachos

From Ole Red

## ROTEL BEER CHEESE

5 lb Velveeta; large cubes  
1 cup onion powder  
1 cup garlic powder  
2 ½ tsp Dijon  
2 cups shredded cheddar  
1 bottle Miller High Life  
1 TBSP kosher salt  
1 cup milk  
1 can Rotel Tomatoes

## SMOKED CHICKEN

1 cup BBQ seasoning (any basic kind in the spice section of the grocery)  
1 whole chicken

## OLE RED BBQ SAUCE

1 yellow onion, largely diced  
9 cloves garlic, smashed  
½ cup Kentucky Gentleman Bourbon Whiskey  
3 TBSP chili powder  
1 quart ketchup  
1 cup brown sugar  
3 TBSP yellow mustard  
¼ cup cider vinegar  
2 TBSP Worcestershire  
2 tsp lemon Juice  
¼ cup maple syrup  
1 TBSP hot sauce  
¼ cup molasses

## REDNECK NACHO

1, 16 oz. bag potato chips  
8 oz. Beer Cheese  
6 oz. pulled Smoked Chicken  
2 oz. Ole Red BBQ Sauce  
2 oz. sour cream  
1 oz. green onion, sliced  
1 avocado, halved

## Step 1

Place Velveeta, milk, and beer into double boiler and slowly heat on medium setting as to not scorch the cheese. When melted and well combined with beer, add spices then add shredded cheddar and Rotel and melt to combine. Add salt to taste.

## Step 2

Rub the seasoning over the chicken. Cover the chicken with plastic wrap and place in the cooler for 1 hour.

Place chicken in smoker for 1 hour and 20 minutes at 220 degrees. After 45 minutes turn the chicken to its opposite side. The juices near the bone should run clear. Pull all meat.

## Step 3

Sweat onions and garlic until soft and translucent. Add in whiskey and cook down until almost gone, add in chili powder and toast for 2-3 minutes. Add in remaining ingredients and bring to a simmer. Once it has reached a simmer, turn it off and strain.

## Step 4

On a baking sheet, ladle about 2 ounces of the beer cheese, then place half of the potato chips on top. Spread half of the pulled chicken and 4 ounces of beer cheese on top of the chips. Place the other half of the chips for the next layer then repeat with the chicken and beer cheese. Top with all other ingredients except the avocado. Remove the pit from the avocado and squeeze the contents of both sides on top of the nachos. Serve with a Miller High Life and enjoy with friends.



Photo by EB Media



YIELD 2 QUARTS AND 1 PINT

# Whiskey Jam

From *The 404 Kitchen* and Chef Matt Bolus

2 ½ cups golden raisins

2 ¾ cups and 2 cups  
brandy or whiskey of  
choice

2 cloves, whole

2 allspice berries, whole

20 black peppercorns,  
whole

½ stick cinnamon

4 strips orange peel,  
remove peel with a  
vegetable peeler

1 quart apple juice  
or cider

3 TBSP apple pectin

Bring 2 ¾ cups brandy (or whiskey if using) to a boil. Put raisins in a stainless steel bowl large enough to hold both them and the brandy. Cover the raisins with the hot brandy. Cover the bowl with cling film and leave it out overnight to rehydrate the raisins.

In a hot pan toast the cloves, allspice, black peppercorns, cinnamon, and orange peel until very aromatic. Combine with the rehydrated raisins and stir to incorporate. Allow this mix to rest for 10 minutes.

In a pot large enough to hold all the ingredients, combine the raisin and spice mix with the apple juice (or cider) and bring the mixture to a boil over medium high heat.

Once the mixture has reached a boil, remove it from the heat and allow it to cool to a safe temperature to blend. Blend all the ingredients on high speed until the liquid is smooth. Strain the liquid through a fine chinois, discarding the solids.

Put the liquid back into the pot and add the pectin. Whisk continuously over medium heat until the liquid reaches 235 F. Remove the liquid, it should be thickening at this point, from the heat and whisk in the final 2 cups of whiskey.

Chill the mixture over an ice bath until completely cool.



Photo by Ron Manville

# SIDE SIDES



# Avocado Hummus

*From Cafe Roze*

4 ripe avocados  
½ cup navy beans or cannellini  
Beans (cooked or canned)  
½ tsp Garlic, finely chopped  
2 TBSP Tahini  
Zest of half a lemon  
3 TBSP lemon juice  
2 TBSP extra virgin olive oil  
Salt to taste

Slice the avocados in half, remove pits and skins and scoop them into a food processor. Add the beans (drain and rinse if using canned), garlic, tahini, lemon juice and zest. Blend all ingredients until smooth and slowly add the olive oil and salt to taste.


Serve with pita or your favorite toasted bread.



*Cafe Roze. Photo by Lisa Diederich Photography*



Cafe Roze Avocado Hummus



**YIELD** 20, 2 OZ FRITTERS

## Band Box Jalapeno Corn Fritters

*From Nashville Sounds and Centerplate*

¾ cup sour cream  
5 whole eggs  
2 large jalapenos  
1 scallion, chopped  
¼ cup self-rising corn meal  
1 ½ cup self-rising flour  
4 cups grated cheese blend (cheddar or Monterey Jack)  
2 TBS chopped fresh parsley  
¾ cup shredded whole milk mozzarella  
¼ cup shredded Parmesan  
4 oz. frozen corn kernel, defrosted  
1 TBSP kosher salt  
1 tsp black pepper, ground  
3 qts frying oil (vegetable, peanut or canola)

In a large bowl combine the eggs and sour cream, whisk together until smooth.

Dice the jalapeno to 1/8" (remove seeds & veins for less spicy).

Add the jalapenos & remaining ingredients to the wet mixture and fold them together. You may need to use your hands so wash them good. DO NOT OVER MIX.

Use a spoon to form the batter into balls slightly larger than a golf ball and place on parchment lined trays. You may need to roll the fritters between your hands to make them round.

In a heavy bottom wide pot heat the oil to 325 degrees using a thermometer.

Carefully drop fritters into the oil and cook until golden approximately 3 ½ - 4 min.

Using tongs or a metal slotted spoon transfer the fritters to a plate or tray lined with paper towel. Serve immediately.



YIELD 3-4 SERVINGS

## Broccoli Salad

*From Emmy Squared*

### MISO-SOY DRESSING

1 cup store-bought mayonnaise,  
preferably Hellmann's or Kewpie

2 ½ TBSP red miso

2 ½ TBSP sweet soy sauce

### SALAD

2 cups fresh broccoli florets

¼ cup pickled red onions

¼ cup blue cheese, crumbled

¼ cup cashews, chopped

¼ cup dried cherries

¼ cup Miso-Soy dressing

Whisk all dressing ingredients together in a medium bowl. Transfer to a lidded container. Cover and refrigerate at least 2 hours or up to 5 days.

In a large bowl, combine broccoli, red onions, cashews, blue cheese crumbles, and dried cherries.

Top with miso dressing and toss by hand until evenly covered.



YIELD 5-7 SERVINGS

## Broccoli Salad

From Martin's BBQ Joint

### INGREDIENTS

4-6 cups broccoli florets

¾ cup diced red onion

¾ cup shredded sharp cheddar cheese

¾ cup crumbled bacon

¾ cup raisins

1 cup Martin's Bar-B-Que Alabama White Sauce or other white barbecue sauce (*Martin's sauce available for online purchase [here!](#)*)

1 TBSP mayonnaise

In a large bowl, combine broccoli, onion, cheese, bacon and raisins. In a separate bowl, whisk together Alabama White Sauce and mayonnaise. Pour dressing over salad and toss to coat. Cover and refrigerate before serving.

One of the Bar-B-Que Joint's most famous and popular side items is the Broccoli Salad. It's cool and crunchy, full of bacon and cheese. Aside from coleslaw, it's just about the perfect thing to eat with some pulled pork or smoked brisket. Now the salad we serve at our Joints is a secret "Church of Christ Salad" recipe from Pat Martin's grandmother, so of course he can't divulge it. But, we wanted to give you something that will be easy to recreate at home and satisfy that craving when you can't make it to our place for the real thing.

Like many of our other recipes, this salad can be made ahead, and might actually be a little better after it has time to sit. We use our famous Alabama White Sauce to dress the salad, and that's all you need. A little mayo will tighten it up, but our signature sauce flavor is all the seasoning required. If you want to add some nuts into the salad, sunflower kernels make a great addition and add a nice extra crunch.

YIELD 4 SERVINGS

## Buffalo Cauliflower with Avocado Ranch

From Chef Jacob Strang's at Decker & Dyer at The Westin Nashville

### CAULIFLOWER

1 head Cauliflower, cut into florets

¼ cup apple cider Vinegar

½ cup corn starch

¼ tsp salt

### BUFFALO SAUCE

½ cup Frank's Red Hot Sauce

1 TBSP Butter

1 tsp garlic powder

### AVACADO RANCH

¼ cup mayonnaise

¼ cup sour cream

¼ cup buttermilk

½ tsp dill, dried

¼ tsp parsley, dried

¼ tsp chives, dried

¼ tsp onion Powder

¼ tsp garlic Powder

1 ea. avocado, ripe

Splash red wine vinegar

Salt & pepper to taste

For the ranch, place all ingredients into a blender or food processor and blend until well combined and smooth. Adjust seasoning as needed. Refrigerate until ready to use.

Toss the cauliflower florets in the apple cider vinegar and salt. Set aside.

In a saucepan over medium low heat, bring the Frank's Red Hot just to a simmer. Remove from heat and whisk in butter and garlic powder. Set aside.

In a heavy duty pot or deep fryer, heat oil to 350°F.

Drain the cauliflower, discarding the cider vinegar. Add the corn starch and toss until the cauliflower is well coated. Using a strainer, shake off the excess starch.

Gently add about half the cauliflower to the hot oil. Deep fry until golden brown, about 3 minutes. Carefully remove the cauliflower and place in a bowl. Fry the remaining cauliflower.

Add the Buffalo Sauce to the fried cauliflower and toss to coat.

Serve with the Avocado Ranch.







Photo by Andrea Behrends

**YIELD** 2-3 SERVINGS

## Fried Broccoli with Lemon Zest, Sea Salt and Dipping Sauce

*From Pinewood Social*

2 heads of broccoli  
2 quarts canola oil  
Zest of 2 lemons  
Sea salt to taste

### ALMOND GARLIC DIPPING SAUCE

½ cup whole almonds  
¼ cup raisins  
3 TBSP red wine vinegar  
1 ½ TBSP Dijon mustard  
1 shallot, roughly chopped  
1 clove garlic, roughly chopped  
½ cup olive oil  
½ cup water  
Juice of ½ lemon

Heat the oil in a frying pan to 375 degrees. Add broccoli and fry for approximately 30 seconds or until the edges appear crispy. Once cooked, remove and set on a paper towel. Top with fresh lemon zest and sea salt.

Mix all dipping sauce ingredients into VitaMix or food processor and puree until smooth.



**YIELD** 5-7 SERVINGS

## Green Beans

*From Carey Bringle of Peg Leg Porker BBQ*

### INGREDIENTS

6 cups green beans, trimmed and chopped into 1-inch pieces	¼ lb preferred bacon
2 cups water, plus more for boiling	2 tsp pepper
2 tsp apple cider vinegar	1 tsp salt, plus more for boiling water
¼ white onion, cut into slivers	

Blanch green beans in well-salted boiling water until bright green in color and tender crisp, for about 5 minutes.

In a large casserole dish, add beans, 2 cups water, and apple cider vinegar. Then add onion, bacon, pepper, and salt.

Place in smoker, uncovered. Smoke for 3 hours. Serve alongside your favorite barbecue meal.

If you don't have a smoker, you could make them on a grill. Just add some soaked wood chips to your charcoal—or put the chips in a cast iron box, or even an aluminum box, on a gas grill.

“We make this dish by the hotel pan at the restaurant. It's something we started doing back when we were doing competition barbecue. One of our teammates wanted an alternative to baked beans, which was the expected side. As soon as we served them, people fell in love. Now the smoked green beans have become one of our biggest sellers in the restaurant. They are just like traditional Southern green beans, but by adding that smoke, we give another depth of flavor.” —*Pitmaster Carey Bringle of The Peg Leg Porker in Nashville, Tennessee*



**YIELD** 4 SERVINGS

## Onion Bisque

*From Capitol Grille in The Hermitage Hotel;  
Executive Chef Derek Brooks*

### FOR THE SOUP

2 TBSP unsalted butter  
8 cups sliced yellow onions (cut all  
the same size)  
6 cups heavy cream  
Salt & white pepper

### FOR THE GARNISH

2 pc thick cut white bread  
3 pc of sliced Brie cheese  
4 pc bacon (chopped) cooked  
4 TBSP chopped chives

### Method for Soup

In a large sauce pot, add the butter to melt over medium heat. Once the butter has melted, add the onions to sauté over medium heat to avoid caramelizing them so that your bisque is white. Season lightly with salt and white pepper and, keep in mind, it is important to season as you add each ingredient to the soup. Next, add the heavy cream and, once again, season with salt and white pepper. Bring the heavy cream to a boil, then reduce and let simmer for 10 minutes. After your soup has simmered, remove from heat and carefully blend the soup to a smooth consistency in the blender. Season again, to your taste preference.

### Method for Garnish

To assemble the grilled cheese, butter both sides of the bread and place the pieces of Brie cheese to fully cover the slices of bread. Toast the sandwich in sauté pan over medium-high heat, until golden-brown and delicious. Cut sandwich into four pieces, and place in center of the bowl. Place the chopped chives and chopped bacon on either side. Pour the soup around the garnish and enjoy.

YIELD 6-8 SERVINGS

# Poppy's Caviar

From *Henrietta Red*, Chef Julia Sullivan

2/3 cup thinly sliced scallions (about 5 scallions)  
1/3 cup extra-virgin olive oil  
1/3 cup red wine vinegar  
1/3 cup finely chopped fresh dill  
1/3 cup thinly sliced fresh chives  
1/3 cup minced shallot  
1 1/2 TBSP lemon zest  
1/3 cup fresh lemon juice  
1 tsp fresh garlic paste  
1/3 cup chervil sprigs, divided  
3/4 tsp kosher salt  
1/2 tsp black pepper  
4 cups sour cream  
8 oz. Tennessee river paddlefish caviar or sturgeon caviar  
1 (4 1/4-oz.) package water crackers

## Step 1

Whisk together scallions, oil, vinegar, dill, chives, shallot, lemon zest, lemon juice, and garlic in a large bowl. Finely chop half of the chervil, and whisk into dressing. Season with salt and pepper, and whisk to combine.

## Step 2

Divide sour cream evenly among 4 shallow bowls, making a well in center of each. Pour dressing evenly into wells.

## Step 3

Dollop about 2 ounces caviar on edge of sour cream in each bowl, and garnish evenly with remaining chervil sprigs. Serve with water crackers.

## To Note:

We used paddlefish roe from Kelley's Katch Caviar in Savannah, Tennessee.



Photo by Andrew Thomas Lee



**Roasted Cauliflower with Truffled Pea Pesto, Red Bell Essence & Feta Cream**

*Photo by Mark Boughton*

**YIELD** 8 SERVINGS  
**PREP** 1 HR  
**COOK** 45 MIN

# Roasted Cauliflower with Truffled Pea Pesto, Red Bell Essence & Feta Cream

From Chef Deb Paquette of *etch and etc.*

## CAULIFLOWER

2 medium heads of cauliflower  
1 TBSP truffle oil  
1 TBSP vegetable oil  
1 cup Marcona almonds for garnish

## PEA PESTO

3 cup frozen green peas defrosted (we smoke ½ of the peas but this step may be omitted)  
¼ lb unsalted butter, melted and warm  
2 TBSP water  
1 tsp salt  
Pinch cayenne (opt)  
2 TBSP truffle oil

## FETA CREAM

8 oz. cream cheese  
4 oz. feta cheese  
2 TBSP olive oil  
Juice and zest of 1 lemon  
1 cup cauliflower, finely chopped

½ tsp regular grind black pepper

## ROASTED RED BELL PEPPER SAUCE

2 medium red bell peppers  
2 cup chopped tomatoes  
6 cloves garlic, roughly chopped  
¾ cup vegetable oil  
¼ cup olive oil  
½ tsp salt  
2 tsp smoked paprika  
Pinch of cayenne

Feta cream, roasted red bell pepper sauce and truffled pea pesto can all be made up to one day in advance and kept chilled.

Prepare sauces in advance and chill until ready to serve.

## Feta Cream

In electric mixing bowl, cream the feta and cream cheeses until smooth. Add remaining ingredients.

Chill until 40 degrees until ready to spoon or place in a piping bag to make rosettes.

## Roasted Red Bell Pepper Sauce

Pre-heat oven to 375 degrees.

Cut peppers in half and clean out the innards. Place on baking pan and set aside.

Place chopped tomatoes on small baking pan.

Roast both the peppers and tomatoes for about 20 minutes. *The peppers are done when you can see dark spots -you want them to be dark roasted and do not remove skins (adds great flavor!) The tomatoes are done when almost all of the liquid is cooked off.*

Meanwhile, place vegetable oil in small sauté pan. When hot, cook the garlic until medium brown in color.

When all items are cooked, place tomatoes, peppers, and all remaining ingredients into blender and mix until very smooth.

Chill the sauce. Sauce can then be placed in a squirt bottle to drizzle.

## Truffled Pea Pesto

Place all ingredients into blender. Mix until very smooth. If too thick, add a touch of water.

Chill to 40 degrees. Fill piping bag to make rosettes or just spoon on the plate.

Once sauces are chilled and ready to serve, prepare cauliflower. Once the cauliflower is roasted, plate the dish with the prepared sauces and top with cauliflower.

## Roasted Cauliflower

Pre-heat oven to 450 degrees.

Clean and trim the cauliflower heads into 2" pieces. A bit of stem is nice for people who want to eat with their fingers!

Place the cauliflower in large bowl and toss with 2T vegetable oil and 1 tsp. salt; coat well.

Place cauliflower on sheet tray and roast until the tops are caramelized. Meanwhile, mix truffle oil and vegetable oil. This will be drizzled on top of cooked cauliflower.

## Plate the dish!

Decorate the plate with the three sauces: add a few rosettes or spoon fulls of pea pesto and feta cream, then add dots or drizzle roasted red pepper sauce.

Place cauliflower on dish and drizzle with truffle oil mixture.

Garnish with toasted almonds and a few microgreens for color. Enjoy!





YIELD 3-4 SERVINGS

## Shaved Brussel Salad

From Adele's Chef Bron Lindsey

### LEMONGRASS VINAIGRETTE

2 ½ tsp cardamom seeds, toasted and ground

4 ½ TBSP lemongrass core, minced

1 cup lime juice

2 cups rice wine vinegar

### SALAD

2 lb Brussels sprouts, shaved raw paper thin

½ cup toasted hazelnuts, chopped


½ cup golden raisins

⅓ cup olive oil

Place all vinaigrette ingredients into blender and liquify.

In a large bowl, add shaved brussels and raisins. Pour lemongrass vinaigrette over brussels and raisins. Toss until evenly coated.

Put dressed brussels into serving bowls. Sprinkle with chopped hazelnuts and serve.



YIELD 4-6 SERVINGS

## Sweet Corn Pudding

From STK

8 oz. half and half  
3 TBSP butter  
3 ½ TBSP corn puree  
2 ½ TBSP sugar  
1 ½ TBSP corn meal - fine  
8 oz. fresh corn kernels

Sauté the corn kernels (drained) in the butter and season with salt.

In a large pot, bring the half and half to a boil under a slow fire whisking often to avoid burning the bottom of the pan.

Add the sautéed corn to the half and half, bring back to a light boil.

Whisk in the corn puree and sugar to the half and half mix.

Once this mixture returns to a light boil, whisk in the corn meal.

Continue to cook over medium heat until the corn pudding thickens. Do not stop whisking and keep the fire low to avoid attaching at the bottom of the pan.

Season with salt to flavor. Garnish with brown butter and chives.





## White Cheddar Pimiento Cheese Dip

*From 222: A Southern Eatery at The Country Music Hall of Fame® and Museum*

6 oz. ( $\frac{3}{4}$  cup) white cheddar (shredded)

6 oz. ( $\frac{3}{4}$  cup) buttermilk cheddar (shredded)

$\frac{1}{2}$  cup mayonnaise

12 oz. (1  $\frac{1}{2}$  cups) roasted red pepper  
(pureed in food processor)

$\frac{1}{2}$  tsp Sriracha

4 oz. ( $\frac{1}{2}$  cup) soft American cheese (like Velveeta)

Salt and pepper to taste

Combine all ingredients thoroughly. Heat up in a small skillet until warm and melted. Serve with your favorite chips.

# ENTRÉES





YIELD 4 SERVINGS

## Beer Can Chicken

From *Luke's 32 Bridge Food + Drink*  
TC Restaurant Group, Chef Tomasz Wosiak

2.5 to 3 lb whole chicken  
(farm raised)

1 TBSP vegetable oil

4 TBSP kosher salt

3 TBSP TC Restaurant Group Dry  
Rub (Available online)  
or your favorite poultry or  
blackening rub

4 cans of 12 oz. local craft beer

Remove neck and giblets from chicken and discard. Rinse chicken inside and out. In a large container, pour 3 cans local beer and 3 1/2 TBSP kosher salt. Place whole chicken in container and marinate for 24 hours (marinade can be used up to two times before replacing).

Take chicken from marinade, let stand for 1 to 2 minutes, and rub chicken lightly with vegetable oil. Then rub inside and out with remainder of salt, and dry rub. Set aside.

Open remaining beer can and pour out or drink 4 oz. of liquid. Place beer can on solid surface. Grabbing a chicken leg in each hand, place the chicken cavity over the beer can.

Transfer the chicken-on-a-can to a cookie sheet tray and place in center of the convection oven, balancing it on its two legs and the can like a tripod. Cook the chicken at 350 degrees in the oven with the fan on high for 45 to 50 minutes or until internal temperature reaches 165 degrees. Remove from the oven (be cautious: beer can is very hot) and let rest for 10 minutes before carving. Serve with creamy mashed potatoes and green beans.

Photo by TC Restaurant Group

YIELD | SERVING

# Chicken Saltimbocca

*From Midtown Cafe*

---

2 boneless chicken breasts  
(about ½ lb), skin removed  
2 thin slices of prosciutto  
3 oz. unsalted butter  
1 thin slice of provolone cheese  
4 TBSP olive oil  
¼ cup all-purpose flour  
¼ cup red wine  
1 cup demi glaze  
1 TBSP chopped fresh sage  
5 oz. mashed potatoes (warm)  
2 oz. fried spinach

Pound chicken breasts between sheets of wax paper, set aside.

Pour the oil in a medium skillet over medium high heat. Dredge chicken in flour and shake off excess. Sauté chicken about 2 minutes per side or until color changes throughout. Remove chicken. Cover and keep warm.

Pour red wine in the same skillet and boil, scraping up browned bits, 1 minute. Add demi glaze and butter; boil until reduced ⅓ cup. Add chicken and simmer. Add pepper to taste.

Place the chicken, prosciutto, and provolone cheese on top of the mashed potatoes. Sprinkle fried spinach, sage, and parmesan on top to finish. Alternatively, serve over angel hair pasta to make it more classically Italian.



Photo by TC Restaurant Group

YIELD 4 SERVINGS

## Crème Brûlée French Toast

From Sun Diner

TC Restaurant Group, Chef Tomasz Wosiak

4 day-old cinnamon rolls

2 TBSP clarified butter

3 cups heavy cream

3 eggs

3 oz. RumChata

½ cup sugar

1 tsp nutmeg

1 TBSP cinnamon

2 TBSP vanilla extract

Topping choices may include:  
whipped cream, candied pecans,  
fresh berries

### CRÈME BRÛLÉE SAUCE (OPTIONAL)

4 egg yolks

3 TBSP dark rum

¼ cup sugar

2 tsp vanilla extract

1 cup heavy cream

Combine and heat the egg yolks, dark rum, sugar, and vanilla extract over double boiler. Do not let boil. Whisk until sugar is dissolved. Lower heat and whisk in heavy cream. Continue whisking until mixture thickens and becomes stiff (7-8 mins). Allow sauce to cool. Sauce will keep in the refrigerator for up to 5 days.

Slice day-old cinnamon rolls through the middle to create flat slices and set aside.

Whisk together eggs, cream, and RumChata. Add sugar, nutmeg, cinnamon, and vanilla extract.

Preheat griddle or electric skillet to 350°F. Grease skillet with clarified butter.

Soak cinnamon roll slices in the batter for 1 minute. Lay on griddle and cook 2 1/2 - 3 mins per side, or until golden brown. Drizzle with crème brûlée sauce (optional) and top with whipped cream, candied pecans, maple syrup, and fresh berries.



## Drunken Noodles

*From Thai Esane*

2 cups thick rice noodles  
1 TBSP dark soy sauce  
1 ½ TBSP oyster sauce  
1 TBSP sugar  
1 TBSP minced garlic  
3 oz. protein of choice  
(chicken, shrimp, beef,  
pork, tofu, etc.)  
1 oz. yellow onions  
½ red bell pepper  
½ green bell pepper  
Broccoli, if desired  
10 basil leaves

Blanch rice noodles for two minutes.

Strain noodles to dry.

Heat ½-ounce vegetable oil in pan, then add minced garlic and stir fry for 30 seconds or until golden brown.

Add protein of choice to pan and let cook partially for about 2 minutes.

Add vegetables, oyster sauce, and sugar and cook until protein is cooked through.

Add noodles to pan and toss with thick soy sauce.

Once the noodles are mixed thoroughly, add basil. Serve immediately.

YIELD 6 SERVINGS

## Duck Magret with Figs

From *The Little Gourmand*

3 duck breasts (magrets)

3 TBSP fig vinegar

2 oz. butter

1 lb fresh figs

1 cup red wine

1 cup cream (crème fraîche or heavy cream)

Salt and pepper

Rosemary

Magret is a duck breast from the Moulard (Mulard, in French) breed of ducks. Moulards have a deeper, richer, beefier flavor. In France, magret generally refers specifically to the breast of moulard ducks that have been raised for foie gras.

### Step 1: Duck breasts

Criss-cross the skin of the 3 duck breasts with a knife. Place them in a non-stick pan, season, and grill over low heat for about 15 minutes. Discard the fat, flip the breasts over and cook on the other side for another 5 minutes.

### Step 2: Figs

Wash the fresh figs and cut them in halves. Melt the butter in a pan, add the figs, season with salt and pepper, add rosemary leaves, and cook over low heat for about 10 minutes.

### Step 3: Sauce

When duck breasts are ready, remove from the pan and keep them warm under foil. Deglaze the pan with the fig vinegar, add red wine and pepper, and let simmer until reduced by half. Using a fork or a whisk, gently stir the cream until the sauce is smooth and let simmer for a few minutes.

### Step 4: Service

Cut the breasts in  $\frac{1}{8}$ " slices and serve on individual plates with fresh figs and sauce.

Photo by Little Gourmand



YIELD 3 QUARTS

## Titans Game Day Slow-Cooker Chili

*From the Tennessee Titans*

Missing the excitement of Titans game days? Start practicing this simple chili recipe now to get ready for football season! It'll be the perfect addition to your home watch party while cheering on our Titans. With just a few ingredients and a good slow cooker, this recipe is an easy touchdown.

2 lbs. ground beef

2 (16 oz.) cans kidney or pinto beans

2 (8 oz.) cans tomato sauce

1 or 2 onions, chopped

1 green bell pepper,  
chopped (optional)

2 TBSP chili powder

1 TBSP salt

1 tsp garlic powder

1 tsp pepper

Brown the ground beef in a skillet, stirring until crumbly; drain.

Combine the ground beef, undrained beans, tomato sauce, onions, bell pepper, chili powder, salt, garlic powder, and pepper in a slow cooker and mix well.

Cook, covered, on low heat for 7 to 8 hours or on high heat for 4 to 5 hours. Ladle into chili bowls.



YIELD 4-6

COOK TIME 20MIN (USING WAFFLE MIX) OR 8.5HRS (IF MAKING WAFFLE BATTER)

# French Sunrise

From *Stateside Kitchen in Dream Nashville*

Cornmeal waffle topped with boneless fried chicken, Havarti, sunny-side egg, spiced honey

## CORNMEAL WAFFLE BATTER

⅜ cup warm water

½ TBSP instant dry yeast

1 ½ cup warm milk

⅜ cup melted butter

¼ TBSP kosher salt

½ TBSP sugar

1 ¾ cup all-purpose flour

¼ cup cornmeal

2 eggs, separated

½ tsp baking soda

## FRIED CHICKEN FLOUR

¼ gallon all-purpose flour

⅜ cup onion powder

⅜ cup granulated garlic

¾ TBSP cayenne

1 ½ TBSP smoked paprika

1 TBSP Poultry Magic

¾ TBSP kosher salt

## SPICY HONEY

½ cup honey

4 tsp spicy bean paste

¼ TBSP salt

¾ TBSP Poultry Magic

## ASSEMBLY

6 chicken breasts

6 slices of Havarti cheese

6-8 eggs, whisked

6 eggs, sunny side up

¼ cup whole milk

Cooking spray

Waffle batter

Spicy honey

Parsley, finely chopped

Canola oil

**Cornmeal Waffle Batter** (ingredients on the left) or find your favorite ready-to-make waffle mix:

Place water and yeast in a bowl and allow yeast to bloom (5 minutes). Add remaining ingredients except eggs and baking soda and mix together with a wire whisk. Cover and proof for 8 hours at room temp. Whisk egg whites until soft peaks form. Fold in egg yolks and baking soda to the whipped egg whites with a rubber spatula, be careful not to overmix.

Combine all ingredients for **Fried Chicken Flour**. Coat chicken breast in an egg wash (whisked eggs with a splash of milk) and then dip in cornmeal waffle batter.

In a deep-fat fryer, heat oil to 375°. You can also use a cast iron pan with a few inches of oil. Working in batches, fry chicken, a couple pieces at a time, until golden brown and a thermometer inserted into chicken reads 165°, about 7-8 minutes on each side. Drain on paper towels.

Reheat waffle iron and spray with non-stick cooking spray once pre-heated. Pour mix onto hot waffle iron. Cook until golden brown.

Place chicken on top of waffle.

Place a slice of Havarti cheese on top of the fried chicken.

Fry a sunny side up egg and place on top of the cheese.

Drizzle the spicy honey over the top and garnish with chopped parsley!



## Fresh Pasta with Spring Veggies

*From Sinema Restaurant & Bar; Executive Chef Kyle Patterson*

2 TBSP chopped garlic  
1 cup grated parmesan  
½ cup good olive oil  
½ cup snap peas  
3 oz. chopped basil  
4 oz. cherry tomatoes  
4 oz. mushrooms  
6 oz. cooked fresh pasta  
(boxed will work in a pinch)  
Salt to taste  
Black pepper to taste

In a pan add olive oil over medium heat. Add garlic, mushrooms and tomatoes and sweat until tomatoes start to blister. Add snap peas and cook until tender. Add pasta and basil and toss until pasta is hot and then finish with chopped basil, cheese, salt and pepper and serve. Serves 2.



YIELD 2-3 SERVINGS

## Glen Leven Garden Pasta

*From Capitol Grille at The Hermitage Hotel*

The recipe is representative of the bounty of the season. We pull most of our ingredients from the garden at Glen Leven where we grow the vegetables for the Capitol Grille. This is our favorite time of year because the variety is endless and a vegetable pasta dish is perfect for an evening spent enjoying the closeness of family and the comforts of home.

### GREEN TOMATO CREAM SAUCE

- 2 TBSP olive oil
- 1 small yellow onion, finely diced
- 2 cloves garlic, sliced
- 4 diced green tomatoes
- ½ cup heavy cream
- ½ cup chopped fresh basil leaves
- ½ cup shredded parmesan cheese
- 1 TBSP red chili flakes

### PASTA

- 1 lb of Gemelli pasta, boiled
- 2 cups torn arugula leaves
- 2 cups julienned summer squash
- 1 cup sliced cherry heirloom tomatoes
- 1 cup shaved parmesan cheese

Heat olive oil in a large, high-sided sauté pan over medium heat until shimmering. Add the onion and sauté until softened and translucent, 3 to 4 minutes. Add the garlic and red pepper flakes, if using, and sauté until fragrant, 30 seconds to 1 minute. Add in the diced green tomatoes. Add the salt and pepper and stir to combine. Bring to a simmer and cook, uncovered, stirring occasionally, for 10 minutes. Reduce heat to low and stir in the cream and cheese. Taste and season with salt and pepper as needed.

Add cooked noodles to warm sauce, fold in Glen Leven vegetables, and serve. Garnish with remaining cheese.



Photo by BRND House

# Grilled Portobello Tacos

*Butchertown Hall*

## BABY PORTOBELLOS

1 lb baby portobellos  
3 TBSP canola oil  
3 TBSP apple cider vinegar  
3 garlic cloves, minced  
1 TBSP thyme, finely chopped  
1 tsp paprika  
1 tsp chili powder  
salt and pepper to taste

## REFRIED BLACK BEANS

12 oz. can black beans  
½ yellow onion, finely diced  
1 jalapeno, finely diced  
3 garlic cloves, minced  
1 TBSP ginger, minced  
1 TBSP brown sugar  
1 lime, juiced  
¼ cup veggie stock  
1 tsp paprika  
1 tsp cumin  
1 tsp chili powder  
1 TBSP canola oil  
Salt to taste

## SCALLION SALSA

1 bunch green onions  
½ bunch parsley  
½ bunch cilantro  
½ yellow onion  
2 TBSP olive oil  
1 lime, juiced  
Salt and pepper to taste

## Step 1

Clean and de-stem the mushrooms. Mix all other ingredients together and toss mushrooms in it. Grill over fire (a grill basket is recommended for ease).

## Step 2

In a large stock pot, add oil, onion, jalapeno, garlic, and ginger. Cook over medium-low heat until onions are translucent. Add beans, sugar, spices, and lime juice. Cook on medium-high heat, stirring often for 10-15 minutes. Add in veggie stock and bring to a rapid simmer, continuing to stir. Some of the liquid should start to cook out. Pulse with a stick blender and continue to cook out liquid until the desired consistency is reached. Salt to taste.

## Step 3

Finely dice yellow onion. Finely chop parsley, cilantro, and green onion. Mix all ingredients.

## Step 4

Combine all of the above and serve in warm corn or flour tortilla.



**YIELD** 6-8 SERVINGS

# Honey Butter Chicken

*From Chef's Market*

## INGREDIENTS

6 chicken breasts

1 quart buttermilk

1 tsp paprika

1 tsp salt & pepper

4 cups flour

1 TBSP corn starch

1 TBSP salt & pepper

4 large eggs

1 cup water

4 cups panko

1 ½ TBSP dried parsley

## HONEY BUTTER SAUCE

1 lb honey

½ lb butter

1 tsp lemon juice

1 pinch cayenne pepper

Preheat fryer & oven to 350 degrees.

Whisk buttermilk, paprika and teaspoon salt & pepper. Pour over chicken & marinate at least 15-20 mins.

Combine flour, corn starch and tablespoon salt & pepper.

Dredge the chicken breasts in the flour & press firmly to ensure the entire breast is coated in flour. Shake to remove excess flour.

Prepare egg wash with eggs & water. Place the chicken breasts in the egg wash making sure the entire breast is covered with egg. Gently shake off excess.

Mix panko & dried parsley. Place chicken breasts into mixture pressing firmly to get an even coating.

Deep fry chicken until golden brown. Place in oven for approximately 10 minutes or until it reaches 165 degrees.

Simmer all ingredients for Honey Butter Sauce over medium heat in a small saucepan. Serve warm over chicken.



Photo by TC Restaurant Group

**YIELD** 4 SERVINGS

## Horseradish Salmon

*From FGL House, TC Restaurant Group, Chef Tomasz Wosiak*

4 6-7 oz. filets Atlantic salmon

½ bottle favorite dry white wine

### HORSERADISH SAUCE

½ cup mayonnaise

2 TBSP horseradish

1 tsp lemon zest

1 tsp lemon juice

½ tsp kosher salt

¼ tsp white pepper

### CRUST

1 cup panko bread crumbs

2 TBSP wasabi powder

1 TBSP clarified butter, melted

1 tsp cilantro, very finely chopped

½ tsp lemon zest

Whisk together all ingredients for the horseradish sauce.

Place filets skin side down in a baking dish and season to taste with salt and pepper. Top salmon with 1 TBSP horseradish sauce mixture.

Combine breadcrumbs, cilantro, lemon zest, and wasabi in a bowl of a food processor. Add warm clarified butter and blend until even. Sprinkle 2 TBSP on top of horseradish sauce on each salmon filet.

Fill the dish with 1/2 bottle of dry wine (or until it rises halfway up the filets).

Bake the salmon filets in a non-convection oven at 350° F for 12-14 minutes for medium, 18-20 minutes for well.

Serve atop cheese grits, mashed potatoes, or a fresh green salad.

YIELD 12 HOT CHICKEN TENDERS

# Hot Chicken Spice & Tender Recipe

From Nashville Sounds and Centerplate

4 cups all purpose flour  
½ cup Hot Chicken Spice divided  
6 whole eggs  
12 jumbo fresh chicken tenders  
1 cup olive or canola oil  
2 qts frying oil (peanut, canola or vegetable)  
¼ cup Hot Chicken Spice (for finishing)

## HOT CHICKEN SPICE

½ cup Cajun spice  
1 TBSP cayenne  
4.5 TBSP jalapeno powder  
¾ cup dark chili powder  
4.5 TBSP Old Bay  
2 tsp granular garlic  
2 tsp granular onion  
3 tsp ground black pepper  
1 TBSP season salt  
1 TBSP dark brown sugar  
½ cup Hungarian paprika  
Mix together well & store in an airtight container

In a shallow pan or zip top bag combine the flour and ¼ cup of hot chicken spice.

In a shallow pan or a bowl crack and whisk the eggs until blended.

In a heavy medium sized pot heat the 2 qts of fry oil carefully. Use a thermometer to hold the temperature at 325 degrees.

Dredge the chicken in the flour, shake then dip in the whisked egg. Transfer back into the flour and coat well. Shake off excess flour and allow them to sit on a tray or plate for 3-4 minutes.

In a small sauce pot heat the 1 cup of oil to 200 degrees, remove from heat and carefully whisk in the second ¼ cup of hot chicken spice. Set aside and allow to cool.

Carefully lower the breaded tenders into the 325 degree oil SLOWLY until all 12 have been added.

Fry for 3 ½-4 minutes or until golden brown and internal temperature reaches 165 degrees.

Remove from the pot using tongs or a metal slotted spoon and transfer to a plate or tray lined with paper towel.

Dip each tender into the hot chicken oil mixture OR toss in a bowl. Transfer the tenders to slices of bread or onto a plate. Sprinkle the remaining ¼ cup of hot chicken spice over the chicken.



## Lobster Salad

*From SoundWaves at Gaylord Opryland Resort & Convention Center*

1 lbs. lobster meat, cooked  
1 ½ cup mayonnaise  
1 lemon, juiced  
1 ½ TBSP Old Bay seasoning  
½ cup small diced celery  
3 TBSP Dijon mustard  
2 TBSP finely chopped chives  
Bibb lettuce (or shredded lettuce)  
Top-cut hotdog buns

Roughly chop lobster meat into smaller bite-sized pieces. If using frozen lobster, be sure to drain any excess liquid.

In a mixing bowl, add all ingredients except lettuce and mix until thoroughly combined.

You may adjust amount of lemon juice and Old Bay seasoning to your liking.

Refrigerate until served. Then, butter both sides of the bun and grill until golden brown.

Place lettuce inside the bun and add desired amount of lobster salad.

Sprinkle with chives and serve with wedge of lemon for garnish.



# “Piggywich” Grilled Cheese

From 222: A Southern Eatery at The Country Music Hall of Fame® and Museum

## CHEESE SAUCE

1 ½ cups American style melting cheese (like Velveeta)

2 TBSP milk

Dash Sriracha

## VINEGAR SLAW

1 bag of shredded cabbage & carrot OR 1 head green cabbage and 1 carrot, shredded

⅓ cup apple cider vinegar

3 TBSP olive oil

1 TBSP honey

¼ tsp salt

## PULLED PORK

1 pork butt (5 to 8 lbs.)

3 to 4 oz. favorite barbecue seasoning

## ASSEMBLY

2 slices Texas Toast

2 TBSP melted butter

2 slices sharp white cheddar (or your favorite)

2 slices Muenster

2 TBSP cheese sauce

3 oz. (¼ cup + 2 Tbsp) pulled pork

1 TBSP barbecue sauce (your favorite)

3 TBSP Vinegar slaw

## Cheese Sauce

In a saucepan over medium-low heat, combine all ingredients and stir occasionally until all the cheese is melted and combined.

## Vinegar Slaw

Add ½ dressing to the shredded cabbage and carrots in a bowl. Toss gently. Add the remainder slowly until desired consistency achieved.

## Pulled Pork

Rub pork butt with barbecue seasoning. Put in smoker or grill and cook at 250 to 300 degrees. If using an oven, wrap with foil and cook at 250 to 300 degrees. Cook 8 to 10 hours or until meat pulls apart. Remove, allow to cool slightly and pull meat. Season with salt and pepper to taste.

Preheat oven to 375 degrees F. Preheat a skillet over medium heat. Brush both sides of both slices of bread with butter. Toast one side on the skillet. Flip both slices over and put the sliced cheese on both bread slices. Top one slice with pulled pork, barbecue sauce, cheese sauce, and slaw. Top with the other cheesy bread slice. Place the entire messy affair in the oven to finish. Enjoy!





YIELD 3 QUARTS

# Pumpkin Seed Risotto with Seared Scallops

From E3 Chophouse Nashville; Executive chef Eric Zizka

Two u10 scallops

1 TBSP olive oil

Pinch of salt and pepper

## RISOTTO

5 oz. pumpkin seeds, roasted, chopped

3 oz. heavy cream

1 oz. parmesan Reggiano

1 TBSP butter, unsalted

## MAPLE FOAM (OPTIONAL)

Co2 canister and Co2 dispenser

1 cup heavy cream

1 oz. maple syrup

## PECAN CRUMBLE

2 oz. pecans

2 TBSP sugar

1 TBSP butter

Lightly sear scallops in a hot pan with heated olive oil. Salt & pepper to taste.

Roast pumpkin seeds at 350 for 5 minutes or until golden brown, lightly chop then add to sauté pan with cream and cook on low until seeds are softened and the cream is reduced. Add parmesan and butter to thicken. Salt to desired taste and place in center of the plate.

## Pumpkin Oil

Olive oil drained off of roasted seeds and drizzle around outside of the plate.

## Maple Foam (optional)

Mix heavy cream and maple syrup, add to Co2 canister and shake well. Then squeeze two dollops on each end of plate.

## Pecan crumble

Boil pecans in water for 2 minutes, then take out and strain, toss with melted butter and sugar, bake for 5mins, crush pecans and crumble over scallops.



Photo by The Joseph

YIELD 2 SERVINGS

## Open-Faced Heirloom Tomato Sandwich

*From Denim at The Joseph*

2 slices seeded bread (we use Ornette Bakery's Seeded Durham)  
4 Tennessee heirloom tomatoes  
2 TBSP aioli  
1 large handful arugula  
6 oz. burrata  
2 TBSP balsamic vinegar (we use Acetaia San Giacomo "Essenza")  
8 basil leaves  
2 TBSP quality extra virgin olive oil (we use "Primolio" by Giachi)  
Sea salt and freshly ground black pepper

Prepare a charcoal grill or heat a gas grill to medium heat.

Cut tomatoes into half-inch slices. Lightly dress the tomatoes with extra virgin olive oil. Season with salt and pepper and set aside.

Lightly drizzle olive oil on both sides of the bread and season with salt and pepper. On the grill, char both sides of the bread, being careful to avoid burning. Remove from the grill and let cool slightly.

Spread aioli on one side of each bread slice to evenly coat. Top with arugula, distributing evenly. Next, layer tomato slices on top of arugula. Break up the burrata and position on top of tomatoes.

Finish each sandwich with a drizzle of balsamic vinegar over top. Garnish with fresh basil leaves and serve immediately.

YIELD ONE PIE

## Tomato Pie

From Jennifer Justus of *Nashville Eats Cookbook*

I have seen—and loved—tomato pies made with spoonfuls of mayonnaise, cheddar cheese, and Ritz crackers crumbled on top. I'm certainly not going to disparage those buttery Ritz jewels. My mother and I would often work our way down a wax-paper sleeve of them with a Coke, our version of taking afternoon tea.



Still, I'd rather crackers not cover up the wrinkled, roasted beauty of the tomatoes in this pie. I also like mixing tomato types and sizes to create a palette of colors on top. And with pieces of bacon, a little mayonnaise (but not too much), and basil leaves, it's like an amped up BLT wrapped in the charm of pie.

2 lbs (910 g) medium-sized tomatoes in various colors

½ tsp fine kosher salt

½ cup (120 ml) mayonnaise

½ cup (60 g) shredded sharp white cheddar cheese

¼ cup (30 g) grated Parmesan

1 (9-inch/23-cm) piecrust, store-bought or homemade

¼ tsp freshly ground black pepper

5 to 6 slices thick-cut bacon, fried crisp and broken into small pieces

10 basil leaves

Handful of cherry tomatoes in various colors

4 thyme sprigs

Slice the large tomatoes into rounds 1/4 inch (6 mm) thick and place them on paper towels. Let them sit for about 10 minutes, then flip them over onto fresh paper towels and sprinkle them with the salt. Let them sit about 10 minutes more. You don't want them to be too juicy before baking, because that could make your pie too soupy.

Preheat the oven to 400°F (205°C).

Prepare the filling by combining the mayonnaise, cheddar, and Parmesan.

Arrange a layer of tomatoes in the bottom of the piecrust. Sprinkle on the pepper, half of the bacon, layer on five of the basil leaves, and spread half of the mayonnaise mixture over the basil. Repeat, ending with a final layer of sliced tomatoes, placed so that you can fit the cherry tomatoes on top as well. Scatter the thyme sprigs across the top of the pie.

Bake the pie for about 30 minutes. Then fold strips of aluminum foil around the rim of the pie to keep the edges from turning too brown and continue baking for another 15 minutes. Allow the pie to cool before serving it.

YIELD MAKES ONE SANDWICH, BUT MAKES SAUCE IN BULK WHICH CAN BE KEPT IN THE FRIDGE

# Turkey Apple Crisp Sandwich

From The Listening Room Cafe

"I created this sandwich around 2009 when I was bored and wanted to make something fun. Someone saw me eating it and asked what it was so I made them one. Someone saw them and I made another. The next day I added it to the menu as a special and ran out of ingredients. It's been a #1 seller and craved item on the menu ever since."

- Owner, Chris Blair

## CRANBERRY AIOLI SAUCE

- 12 oz. dried cranberries
- 1 cup white wine
- ½ cup granulated sugar
- 3 TBSP fresh lemon juice
- 1 gallon Duke's mayonnaise

## SANDWICH

- 2 pieces of wheatberry bread
- 2 slices of thick-cut bacon
- ½ Granny Smith apple, thinly sliced
- 2 slices Swiss cheese
- 4 oz. of smoked turkey (we slow smoke our turkey in house then thinly slice, but you can use a top grade deli turkey as well)

## For Sauce:

Combine cranberries, wine, sugar, and lemon juice in a medium saucepan over high heat. Boil on high until it reaches a high rolling boil, then reduce heat to medium-low.

Continue to cook on lower heat until the juice becomes thick and reaches desired consistency. Remove from heat.

In a bowl, mix together mayonnaise and 1 quart of cranberry aioli sauce until fully combined. Add more cranberry sauce, if desired.

## For Sandwich:

Add a generous amount of cranberry aioli to each slice of bread. Then stack the ingredients on one slice with apples, turkey, Swiss cheese, bacon slices, and the other slice of bread. Cut into halves.

Photo by BRND House



YIELD 2-3 SERVINGS

# Udon and Native Summer Zucchini Noodles

*From Chef Max Knoepfel and the Centerplate Team at the Music City Center, Nashville*

## SUMMER RATATOUILLE

6 oz. fresh corn kernels  
4 oz. edamame  
3 oz. black eyed peas  
2 oz. diced red bell pepper  
2 oz. diced Vidalia onion  
1 pinch kosher salt  
1 pinch cracked black pepper

## NOODLES

12 oz. cooked udon noodles  
12 oz. sautéed fresh farm zucchini  
“noodles”

## DRESSING

2 oz. white balsamic vinegar  
½ oz. Dijon mustard  
4 oz. extra virgin olive oil  
1 pinch kosher salt  
1 pinch cracked black pepper

## GARNISHMENT

12 baby heirloom tomatoes  
2 oz. micro cilantro greens

Mix everything together  
and enjoy!

# Whole Hog BBQ Sandwich

From Martin's Bar-B-Que Joint



## RUB

1 cup kosher salt  
2/3 cup light brown sugar  
1/2 cup white table sugar  
2 TBSP lemon pepper  
2 TBSP mild paprika  
1 TBSP chili powder  
1 TBSP black pepper  
1 tsp cayenne

## BOSTON BUTT

8-10 lb Boston Butt, bone in

## SANDWICH BUNS

1 TBSP butter  
Potato roll buns

## SLAW

1 head of green cabbage, cored  
4 oz. carrots, stems removed  
1/4 cup apple cider vinegar

1 cup mayo

3 TBSP light brown sugar

1/4 tsp kosher salt

3 TBSP Dijon mustard

1/2 TBSP celery seed

1/8 tsp cayenne pepper

1/4 cup whole buttermilk

1/2 TBSP coarse ground pepper

1/4 tsp garlic powder

## Step 1

Rub: Mix all ingredients together in a bowl.

## Step 2

Boston Butt: The night before cooking your Boston butt, generously put rub over the meat and set it aside in a dish in the refrigerator. This puts a semi-cure on the meat which will help the cooking process. Putting in the refrigerator overnight allows the meat to be at its coldest, which will allow it to take on the smoke flavor. The cooler the meat, the more smoke flavor you can have. Be prepared to cook your Boston butt for an hour to an hour-and-a-half per pound.

## Step 3

In the morning, open the grill and start a fire on one side with a charcoal chimney (available at any hardware store). Using hardwood charcoal is preferred as lumps turn to ash too quickly and lighter fluid is not recommended because it will give the meat a chemical taste. Break the coals down to grey coals.

## Step 4

Off to the side, you'll want to keep a fire going to burn coals. Don't ever put cold coals in the smoker. Every hour, put fresh coals in to burn down and put in the smoker. Once coal bed is burning, take fist size chunks of fresh hickory wood (you can find this at Home Depot) and put two to three on top of coal bed. Place the Boston butt on the other side of the grill. You can put a small pan with water to add humidity (which is recommended on a windy, dry day). Keep an eye on it and if the water is running out, refill it. Don't worry about using wine or apple juice to add flavor, it won't. You'll want to cook the Boston butt at 225 degrees with a minimum internal temperature of 190 degrees.

## Step 5

It's helpful to note that you won't want to touch the bone when taking the temperature because it won't read correctly. It's critical that when you put the lid on, align the holes with the Boston butt. This is because heat rises and will travel over the meat to get out for an even cook. All grills have a damper at the bottom and the top. Make sure the top is open at all times, while

opening and closing the bottom until you reach 225 degrees. It will take one to two hours to tame heat. If it goes above 225, leave it alone and let it cool down on its own. Don't, open it! Once the temperature is settled, you'll keep the dampers where they are. If temperature falls, add more coals not air. Be sure to maintain the temperature give-or-take 25 degrees. The biggest mistake that can be made is letting it spike and fall too much.

## Step 6

Every two hours rotate the Boston butt a quarter turn horizontally. At the half way point (five hours) it should be flipped over from bottom to top. Once you flip your Boston butt, there is no reason to keep adding wood because it's taken on as much smoke as it's going to get. Instead, keep adding burned coals for heat. When the Boston butt is done, let it rest, wrapped in paper towels (aluminum foil is not recommended because it will continue to cook) in a Yeti cooler at room temperature. The longer it rests, the more flavor is enhanced. While the Boston butt is resting, prepare everything else for dinner including the buns and slaw for the sandwich.

## Step 7

Slaw: Cut cabbage and carrots into chunks that will fit in your food processor. Add green cabbage to food processor and pulse until texture of confetti. Remove cabbage to a mixing bowl. Repeat with carrot. Add to bowl with cabbage, toss to mix, and refrigerate until serving time. Add all ingredients to a clean mixing bowl and whisk until fully mixed. Refrigerate until serving time. Before serving, add dressing to carrot/cabbage mixture and mix thoroughly.

## Step 8

Sandwich Buns: Melt the butter and brush it on the potato rolls. Place buns in lightly oiled cast iron skillet until lightly toasted.

## Step 9

Assembling the Sandwich: Flip your Boston butt backwards and use a large serving fork to shred the meat. Take four ounces of meat (about the size of a baseball) and put it on your toasted bun. Top it with slaw and your favorite Martin's sauce. Enjoy!

# DESSERTS







YIELD | 1 PIE

## Banana Creme Pie with Christie Cookie Crust

From Hattie B's Hot Chicken

2 very ripe bananas

1 cup + 1 TBSP heavy cream

¼ cup milk

½ cup sugar

½ tsp kosher salt

2 TBSP cornstarch

3 egg yolks

1 tsp powdered gelatin

6 TBSP unsalted butter (divided)

25 drops McCormick's yellow food coloring

1 cup confectioner's sugar

10 Christie Cookies (Nashville Hot)

### MERINGUE

1 cup liquid egg whites

¼ cup granulated sugar

1 TBSP vanilla extract

Melt 3 tablespoons of butter in a sauce pan. Set aside and let cool at room temperature.

The very ripe bananas, 1/3 cup of cream, milk, sugar, salt, cornstarch, and egg yolks go into a blender. Puree until smooth.

Put the mixture in a medium-size saucepan. Clean the blender.

Bloom the gelatin in cold water. You will only need about 3 tablespoons of cold water. Sprinkle the gelatin on top of the surface of the water, do not dump it in or it will not bloom properly.

Whisk the mixture over medium-low heat. As the banana mixture heats up, the color will darken and the cornstarch will thicken.

When the mixture comes to a boil, continue whisking for 2 more minutes. The mixture will resemble glue, bordering on cement, with a color to match.

Dump the contents of the pan into your clean blender. Add the melted butter and the gelatin and puree until the mixture is smooth and completely incorporated.

Color the mixture with yellow food coloring until it is bright, cartoon-banana yellow. If you don't add the food coloring the end result will be an off-white/tan/gray/brownish color that's not appealing and that doesn't resemble the color of a banana. It usually takes about 25 drops. Blend until food coloring is completely incorporated.

Transfer the contents of the blender to a container. Cover the surface with plastic wrap to prevent any skin forming, and refrigerate for 30-60 mins or as long as it takes to cool the mixture completely.

Using a whisk, whip the remaining 3/4 cup of cream and confectioner's sugar in a mixing bowl until medium-soft peaks form. Then add the cold banana mixture straight into the mixing bowl and whisk until banana and creme mixture come together.

Make Crust: Melt remaining 3 tablespoons of butter in a sauce pan.

Using a food processor, pulse Christie Cookies thoroughly. Next add the melted butter until completely incorporated.

### Meringue

Be sure mixing bowl and whisk are clean and free of oily residue, and fit on stand mixer.

Add egg whites and beat on medium for 30 seconds, or until frothy.

Stop mixer and add sugar and vanilla extract.

Mix at medium speed until sugar is incorporated, then increase speed to high and continue beating until whites are voluminous and shiny, with stiff peaks.

Use immediately or cover and refrigerate up to 30 minutes.

### Assembly

Take the Christie Cookie crust and pad the mixture evenly across your pie dish. Using a one cup measure, press the mixture so that it is evenly distributed.

Pour a quarter of the banana creme into the cookie pie shell and spread it around with a rubber spatula

Top the creme with a nice, full layer of sliced bananas (2 bananas).

Take the rest of the banana creme and layer this on top of the sliced bananas.

Take another 2 bananas and layer them around the top.

Top the pie with the meringue, and torch the meringue so that it has golden brown peaks.

Refrigerate until completely cold.



YIELD 4 SERVINGS

## Christie Cookie's Layered Cookie Jars with Fresh Strawberries & Fresh Mint Whipped Cream

*From The Christie Cookie Co.*

8 Christie Cookie chocolate chip cookies, chopped

1 ½ cups sliced fresh strawberries

2 TBSP granulated sugar

Fresh mint whipped cream

### WHIPPED CREAM

½ cup loosely packed fresh mint leaves

1 cup heavy whipping cream

The day before, place fresh mint leaves into one cup of heavy whipping cream and store in refrigerator for 8-12 hours to allow flavor to infuse.

Strain cream and whip using a stand mixer or handheld mixer and beat until stiff peaks form.

Toss berries & granulated sugar together in a medium bowl.

Wash & dry four wide-mouthed half-pint mason jars. Divide the chopped cookie pieces by four and layer the jars with cookies, berries, and whipped cream until full. Garnish with fresh mint & enjoy!

YIELD ONE 9"X13" PAN

# Cluster Buster Bars

From the Goo Goo Shop

What do you get when you combine rich brownies, decadent blondies, and Peanut Butter Goo Goo Clusters? A Cluster Buster Bar!

## BROWNIE BATTER

1 ¾ cups dark chocolate  
1 cup butter, softened  
1 cup dark brown sugar  
¾ cup granulated white sugar  
1 tsp salt  
4 eggs  
1 cup all-purpose flour  
⅓ cup cocoa powder

## BLONDIE BATTER

¾ cup butter, browned  
1 cup light brown sugar  
¾ cup granulated white sugar  
2 eggs  
1 ½ tsp vanilla extract  
1 TBSP baking powder  
2 TBSP salt  
2 ½ cups all-purpose flour  
3 Peanut Butter Goo Goos,  
roughly chopped

## Brownie Batter

Melt and combine chocolate and butter over a double boiler.

Cream sugars and eggs until light and fluffy.

Slowly stream in butter and chocolate mixture until combined.

Whisk together flour and cocoa.

Add to wet mixture until just combined.

Spread into bottom of prepared pan and set in refrigerator while making the next recipe.

## Blondie Batter

Cream together cooled brown butter and sugars until light and fluffy.

Slowly add in eggs and vanilla.

Sift together baking powder, salt, and flour.

Add to wet mixture until just combined.

Fold in chopped Peanut Butter Goo Goos.

Spread blondie batter across top of chilled brownie batter.

Bake 350F for 35-40 minutes, until inserted toothpick comes out clean.

YIELD 17 COOKIES

## Double Chocolate Dulcey Cookie

From d'Andrews Bakery

4 TBSP butter  
¾ cup white sugar  
¾ cup light brown sugar  
1 tsp espresso powder  
1 tsp salt  
1 TBSP vanilla extract  
4 whole eggs (at room temperature)  
3 ½ cups 100% chocolate, melted  
3 ⅔ cups gluten free flour  
1 tsp baking powder  
2 ½ cups Dulcey Valrhona Chocolate

Cream soft butter with sugars, espresso powder, salt, and vanilla.

Add room temperature eggs, then melted chocolate (slightly cooled). Fold in sifted flour and baking powder. Fold in broken pieces of Dulcey Valrhona Chocolate.

Use an ice cream scoop to portion cookies, to make about 17 cookies. Chill unbaked cookies 24 hours.

Dust cookies in powdered sugar.

Bake in a 350 degree oven for 7 minutes, turning the pan after 5 minutes.

*Note: Make sure melted chocolate is not too hot - barely melted. These cookies do not expand while baking. When portioning, make the size you want for the final product. Should be a puck like shape. Don't over powder sugar these - just a dusting. May need to lower the bake temperature for a gas convection oven. You can use AP, cake, or gluten free flour.*



# CAFÉ 29

## Maxwell House Muffins

*From Cheekwood Estate & Gardens*

One of the family businesses of the Nashville-based Cheek family was the Cheek-Neal Coffee Company, creators and brewers of **Maxwell House Coffee and Tea**. The specialty blend was named after and marketed by the best hotel in Nashville, the Maxwell House. The success of the brand launched the local business into nation-wide production and is said to have captured the attention of President Theodore Roosevelt, who exclaimed that it was “good to the last drop!” Cheek-Neal was created by Joel Cheek, the cousin of Leslie Sr.’s father C.T. Cheek. C.T. had been an early investor, and Leslie Sr. bought stock as well. In 1928, the Postum Company, later renamed General Foods, purchased Cheek-Neal Coffee Company for \$45 million. As an investor, Leslie Sr.’s fortune quickly expanded, likely also expanding his plans for Cheekwood.

### BATTER

6.5 oz. all purpose flour  
½ tsp baking soda  
¼ tsp baking powder  
½ tsp salt  
5 oz. butter room temp  
6.5 oz. white sugar  
2 eggs room temp  
5 oz. sour cream  
1 tsp vanilla

### MIDDLE

2 oz. brown sugar  
1 tsp cinnamon

### TOPPING

2 oz. all purpose flour  
2 oz. brown sugar  
2 oz. oats dry  
¼ tsp cinnamon  
1 oz. Maxwell House  
Coffee, ground  
2 oz. cold butter ½" cube

Mix dry ingredients set aside. Cream butter & sugar till creamy. Mix eggs 1 at a time then add sour cream & vanilla, mix till blended. Add dry ingredients lightly blend. Add 1 scoop of batter (ice cream scoop will work) to buttered (or use liner) muffin pan, sprinkle the "middle" sugar, top with 1 scoop of batter then top with the topping. Bake at 350° 20-30 minutes till baked through.

Mix topping ingredients in butter until it becomes a crumble. Sprinkle on top.



YIELD | 1 PIE

## Steeplechase Pie

From Loveless Cafe

This Loveless Cafe creation takes Tennessee sipping whiskey and chocolate chips, and adds them to our already delicious pecan pie! It is a must-have during the Iroquois Steeplechase here in Nashville.

1 9-inch deep dish pie shell, partially baked (see tips below)

1 ¼ cups pecan pieces

½ cup semisweet chocolate chips

¾ cup granulated sugar

6 TBSP unsalted butter, melted

2 TBSP Tennessee whiskey such as Jack Daniel's

1 tsp vanilla extract

3 whole eggs

¾ cup light corn syrup

Preheat the oven to 350°F.

Toss the pecans with the chocolate chips and scatter them evenly over the bottom of the pie shell.

Put the sugar in a medium mixing bowl; add the melted butter, whiskey, and vanilla and whisk to combine.

Add the eggs, one at a time, mixing well after each addition.

Add the corn syrup and whisk until blended.

Pour this mixture over the nuts and chips in the pie shell.

Set the pie on a sturdy baking sheet in the middle of the oven. Bake in preheated oven for 50-55 minutes, until the filling puffs up a bit and sets across the top of the pie. Allow to cool completely before serving.

### Tips for pre-baked pie shell:

Preheat oven to 325° F.

Whether using a store-bought prepared shell or homemade pastry, place the pie shell on a sturdy baking sheet to make it easier to maneuver.

Line the shell with parchment paper and fill with 3 cups of dried beans or pie weights.

Bake the shell for 18-20 minutes. The dough should look fairly dry but not at all browned. Remove from oven. Remove the paper and the beans or pie weights. Let the shell cool completely before proceeding with your recipe.

Be sure to save the beans; they can be reused many times.

Photo by Loveless Cafe

# BEVERAGES





## A Fresh Start

*From Stateside Kitchen, Dream Nashville*

2 oz. Lillet Blanc

1 oz. Green Chartreuse

½ oz. Beefeater Gin (can be substituted with any gin)

1 oz. Fresh lime juice

½ oz. simple syrup

Add muddled mint for an extra burst of flavor. Put all ingredients in a shaker with ice. Shake. Strain into a martini or coupe glass. Enjoy!



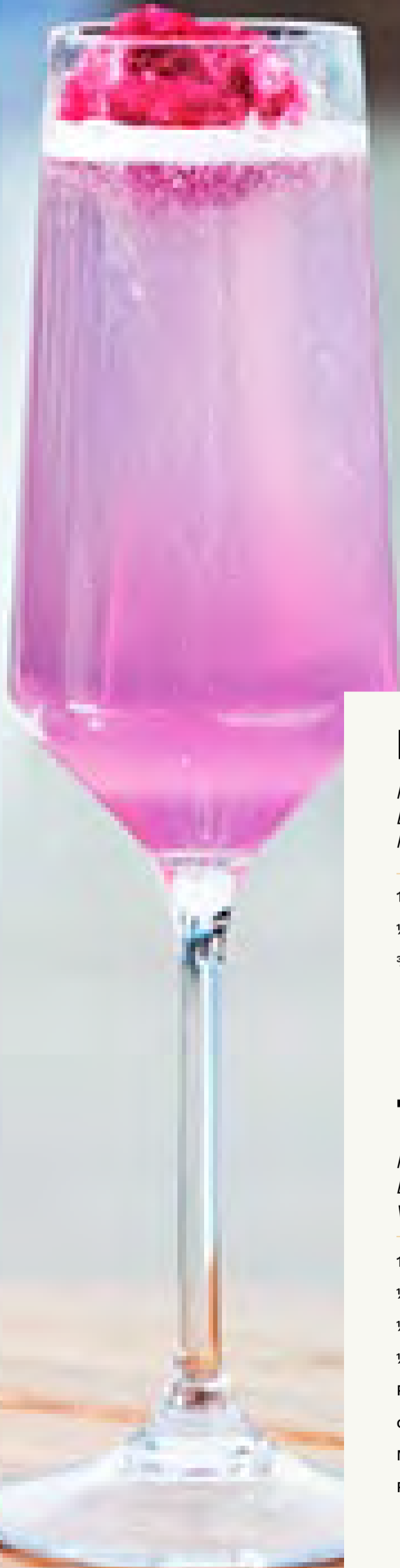


Photo by Virgin Hotel

## Belle Femme

*From The Virgin Hotel*

*By Mary Jones, General Manager of The Pool Club at Virgin Hotels Nashville*

1 ½ oz. Belvedere Vodka

¼ oz. lemon juice

¾ oz. lavender syrup

Pour all the ingredients into a cocktail shaker and shake over ice.

Strain all the liquid into a champagne flute.

Top it off with your favorite sparkling rosé.

## Tennessee Smash

*From The Virgin Hotel*

*By MacKenzie Tierney, Lead Mixologist of Commons Club at Virgin Hotels Nashville*

1.5 oz. George Dickel Rye

½ oz. Bénédictine

½ oz. demerara syrup

½ oz. lemon juice

Peychaud's Bitters

orange (sliced)

Mint leaves

Rosemary sprig

Add orange slices, rosemary sprig, a few mint leaves, bénédictine, demerara syrup, and lemon juice to a mixing glass and muddle.

Add George Dickel Rye to muddled mixture and strain into a rocks glass full of crushed ice.

Garnish with an orange slice and a rosemary sprig, then top with a dash of Peychaud's Bitters.



## Bourbon Fruit Tea Punch

*From Tailor*

6 black tea bags or 3 TBSP  
loose black tea

½ cup sugar

¾ cup fresh orange juice

¾ cup pineapple juice

½ cup plus 2 TBSP fresh  
lemon juice

1½ cups bourbon  
(such as Buffalo Trace)

Mint sprigs and lemon  
wheels (for serving)

Brew tea in 2 cups boiling water in a teapot or measuring glass 5 minutes. Remove tea bags; discard. Add sugar to tea; stir to dissolve. Let cool 10 minutes, then transfer to a pitcher. Add orange, pineapple, and lemon juices and 4 cups cold water; stir well to combine. Chill fruit tea until cold, at least 2 hours, or cover and chill up to 2 days.

To make cocktails, pour 1½ oz. bourbon into each of 8 ice-filled glasses. Add 6 oz. fruit tea to each and stir to combine (you may have tea left over). Garnish with mint sprigs and lemon wheels. Alternatively, combine 6 cups fruit tea and 1½ cups bourbon in a pitcher. Pour among 8 ice-filled glasses; garnish.

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## Field of Dreamsicle

*From Nashville Sounds and Centerplate*

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3 oz. Pickers Blood Orange Vodka

1-5 oz. Triple Sec

3 oz. orange juice concentrate

3 oz. vanilla ice cream

1 pint glass full of ice

Add all ingredients to blender, reserving ¼ glass of ice. Blend on high for 30 seconds. Taste. If too sweet, or not “frosty” enough, add remaining ice and blend again. Garnish with orange wheel.

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## Frozen Dickel and Cola

*From Nashville Sounds and Centerplate*

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2 oz. George Dickel Tennessee Whisky

12 oz. can of cola

Pour cola into ice cube tray, freeze. Add all cola cubes and 2 oz. George Dickel to blender. Blend for 30-45 seconds.

Bonus Step! Add an extra 1 oz. of George Dickel Whisky. Why not!





## For the Good Times

*From Skull's Rainbow Room*

2 oz dark rum  
½ oz "Mai Tai syrup"  
(raw sugar, vanilla, salt)  
2 dashes Angostura bitters  
2 dashes plum bitters  
Rock candy garnish

At Skull's Rainbow Room, we always try to have fun doing variations on classics. In this case, we broke down the old fashioned and did it with rum. This is a great introduction to an old fashioned for those with a sweeter palate. Appropriately named "For the Good Times," we will have this drink ready and waiting for you when the good times return at Skull's Rainbow Room!



YIELD FOR A CROWD

## Frist Art Museum's Famous Fruit Tea

*From Frist Art Museum*

Though the exact origins of this now Nashville staple remain unclear, Fruit Tea (sometimes referred to as Fruit Tea Punch) has been served in Music City since the 60's. Made with sweet tea and an assortment of fruit juices, this sometimes syrupy concoction is sold at restaurants, museums, and cafes throughout the city - by the glass and by the gallon!

1 gallon freshly brewed tea

2 cups sugar

2 ½ cups cranberry juice

3 cups pineapple juice

1 ½ cups orange juice (no pulp)

Brew the tea.

While it is still warm, add sugar and stir until dissolved.

Stir in cranberry and pineapple juice.

Add orange juice last.

Mix well.

Refrigerate and serve over ice.



## Frothy Monkey's Irish Coffee

From Frothy Monkey

1 oz. FM demerara syrup

1-5 oz. Your favorite Irish whiskey (We recommend Jameson Caskmates Stout Edition)

8 oz. Your favorite FM coffee (We recommend our 12 South Blend as it notes of chocolate and caramel pair well with Irish whiskey.)

1-2 oz. fresh whipped cream

Prepare your coffee. Drip coffee works well but you can also use a double shot of espresso diluted with water.

While your coffee is finishing brewing, prepare your fresh cream. You can add 3-4 ounces to a mason jar and shake with a closed lid for several minutes. Or whisk the cream by hand or using an electric mixer. The cream should not be too stiff, it should be light and fluffy but still pourable. (*Irish coffees use unsweetened cream but if you want it sweet you can add 1 teaspoon of the demerara syrup and ¼ teaspoon of vanilla extract before whisking*).

In your favorite 12 oz mug or heat proof glass combine your coffee, FM demerara syrup, and Irish whiskey and give it a little stir.

Float a couple ounces of fresh whipped cream on top of your coffee. *TIP:* Pour the cream over the back of a spoon. This should give you a clean layer of cream atop your coffee.

### Variations

**Iced Irish coffee:** Switch out your hot coffee for some cold brew and ice.

**Try different flavors:** Switch out the demerara syrup for a flavored one. FM banana and FM vanilla syrups are some of our favorites!



## Jack's Mule

*From the Oak Bar in the Hermitage Hotel*

1 ½ oz. Single Barrel Jack Daniel's

½ oz. lime juice

½ oz. ginger juice

2 oz. ginger ale

Glassware: Copper mug

Garnish: Lime

Mix all and enjoy!

# Lil' Off Key Cocktail

*From SoundWaves at Gaylord Opryland*

1 ¼ oz. Maker's Mark

4 oz. Bajan punch  
(12 oz each lemon, lime  
and orange juice with  
4 oz Falernum syrup)

Kahlua float

Shake the first two ingredients with  
ice. Pour over ice. Float Kahlua.  
Garnish with mint.







## Mezcal Old Fashioned

*From Black Rabbit*

Black Rabbit offers Old Fashioneds using several different spirits. The Mezcal Old Fashioned is set apart by the sweet smokiness of roasted agave.

### FENNEL-HONEY SYRUP

2 TBSP fennel seeds

1 cup cold water

1 cup honey

### DRINK

2 oz. Mezcal

½ oz. Fennel-Honey Syrup

3 dashes aromatic bitters  
(or spiced cherry)

Garnish with a luxardo  
cherry

Rim with cinnamon-sugar

Toast 2 TBSP of fennel seeds and add them to 1 cup of cold water and 1 cup of honey. Stir and store cold for 48 hours before straining with a fine mesh strainer to remove the solids.

Using a mixing glass, combine your Mezcal, Fennel-Honey Syrup, and bitters over ice and stir. Strain over a large ice cube in a rocks glass with a cinnamon-sugar rim. Garnish with a luxardo cherry and enjoy!



## **Patsy's Peach Punch**

*From Nudie's Honky Tonk*

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1 ½ oz. Smirnoff Peach Vodka

3 oz. orange juice

1-2 oz. Sprite

This refreshing cocktail is perfect for a warm day. Patsy's Peach Punch is named after iconic county singer Patsy Cline, who herself was a fan of fashion designer Nudie Cohn, our namesake. Interesting note: Patsy Cline, along with her mother Hilda, were both excellent designers in their own right and made many of Patsy's costumes!

Stir all ingredients and pour over ice.

# INDEX

**222: A Southern Eatery at The Country Music Hall of Fame and Museum**

222 5th Ave S, Nashville, TN 37203  
615-416-2074  
[www.countrymusichalloffame.org/222-eatery](http://www.countrymusichalloffame.org/222-eatery)

**The 404 Kitchen**

507 12th Ave S, Nashville, TN 37203  
615-251-1404  
[www.the404nashville.com](http://www.the404nashville.com)

**Bastion**

434 Houston St STE 110,  
Nashville, TN 37203  
615-490-8434  
[www.bastionnashville.com](http://www.bastionnashville.com)

**Black Rabbit**

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**Butchertown Hall**

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615-454-3634  
[www.butchertownhall.com](http://www.butchertownhall.com)

**Cafe Roze**

1115 Porter Rd, Nashville, TN 37206  
615-645-9100  
[www.caferoze.com](http://www.caferoze.com)

**Capitol Grille and Oak Bar at The Hermitage Hotel**

231 6th Ave N, Nashville, TN 37219  
615-345-7116  
[www.capitolgrillenashville.com](http://www.capitolgrillenashville.com)

**Cheekwood Estate & Gardens**

1200 Forrest Park Drive  
Nashville, TN 37205  
615-356-8000  
[www.cheekwood.org](http://www.cheekwood.org)

**Chef's Market**

900 Conference Dr,  
Goodlettsville TN 37072  
615-851-2433  
[www.chefsmarket.com](http://www.chefsmarket.com)

**The Christie Cookie Co.**

1205 3rd Ave N, Nashville, TN 37208  
1-800-458-2447  
[www.christiecookies.com](http://www.christiecookies.com)

**d'Andrews Bakery**

555 Church St, Nashville, TN 37219  
615-375-4934  
[www.dandrewsbakery.com](http://www.dandrewsbakery.com)

**Decker & Dyer at The Westin Nashville**

807 Clark Pl, Nashville, TN 37203  
615-248-2800  
[www.marriott.com/hotels/hotel-information/restaurant/bnawi-the-westin-nashville](http://www.marriott.com/hotels/hotel-information/restaurant/bnawi-the-westin-nashville)

**Denim at The Joseph**

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Nashville, TN 37203  
615-248-1990  
[www.marriott.com/hotels/hotel-information/restaurant/bnalj-the-joseph-a-luxury-collection-hotel-nashville](http://www.marriott.com/hotels/hotel-information/restaurant/bnalj-the-joseph-a-luxury-collection-hotel-nashville)

**E3 Chophouse Nashville**

1628 21st Ave S, Nashville, TN 37212  
615-301-1818  
[www.e3chophousenashville.com](http://www.e3chophousenashville.com)

**Emmy Squared**

The Gulch / Green Hills  
615-248-2662 / 615-800-5400  
[www.emmysquaredpizza.com](http://www.emmysquaredpizza.com)

**etc. restaurant**

3790 Bedford Ave, Nashville, TN 37215  
615-988-0332  
[etc.restaurant](http://etc.restaurant)

**Etch**

303 Demonbreun St, Nashville, TN 37201  
615-522-0685  
[www.etchrestaurant.com](http://www.etchrestaurant.com)

**FGL House**

120 3rd Ave S, Nashville, TN 37201  
[www.fglhouse.com](http://www.fglhouse.com)

**Frist Art Museum**

919 Broadway, Nashville, TN 37203  
615-244-3340  
[www.fristartmuseum.org](http://www.fristartmuseum.org)

**Frothy Monkey**

Multiple locations  
615-600-4756  
[www.frothymonkey.com](http://www.frothymonkey.com)

**Goo Goo Shop**

116 3rd Ave S, Nashville, TN 37201  
615-490-6685  
[www.goo goo.com](http://www.goo goo.com)

**Henrietta Red**

1200 4th Ave N, Nashville, TN 37208  
615-490-8042  
[www.henriettared.com](http://www.henriettared.com)

**Jason Aldean's Kitchen + Rooftop Bar**

307 Broadway, Nashville, TN 37201  
[www.jasonaldeansnashville.com](http://www.jasonaldeansnashville.com)

**The Little Gourmand**

Green Hills / Berry Hill  
615-522-7134  
[www.littlegourmand.us](http://www.littlegourmand.us)

**The Listening Room Cafe**

618 4th Ave S, Nashville, TN 37210  
615-259-3600  
[www.listeningroomcafe.com](http://www.listeningroomcafe.com)

**Loveless Cafe**

8400 TN-100, Nashville, TN 37221  
615-646-9700  
[www.lovelesscafe.com](http://www.lovelesscafe.com)

*continued...*

# INDEX

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301 Broadway, Nashville, TN 37201  
www.lukes32bridge.com

**Martin's Bar-B-Que Joint**

Multiple locations  
615-288-0880  
www.martinsbbqjoint.com

**Midtown Cafe**

102 19th Ave S, Nashville, TN 37203  
615-320-7176  
www.midtowncafe.com

**Mother's Ruin**

1239 6th Avenue N, Nashville, TN 37208  
615-953-7317  
www.mothersruinnashville.com

**Music City Center**

201 5th Ave S, Nashville, TN 37203  
615-401-1400  
www.nashvillemusiccitycenter.com

**Nashville Sounds**

19 Jr Gilliam Way, Nashville, TN 37219  
615-690-4487  
www.milb.com/nashville

**Nudie's Honky Tonk**

409 Broadway, Nashville TN 37203  
www.nudieshonkytonk.com

**Ole Red**

300 Broadway, Nashville, TN 37201  
615-780-0900  
www.olered.com/nashville

**Peg Leg Porker BBQ**

903 Gleaves St, Nashville, TN 37203  
615-829-6023  
www.peglegporker.com

**Pinewood Social**

33 Peabody St, Nashville, TN 37210  
615-751-8111  
www.pinewoodsocial.com

**Sinema Restaurant and Bar**

2600 8th Ave S #102,  
Nashville, TN 37204  
615-942-7746  
www.sinemanashville.com

**Skull's Rainbow Room**

222 Printers Alley, Nashville TN 37201  
615-810-9631  
www.skullsrainbowroom.com

**SoundWaves at Gaylord Opryland  
Resort & Convention Center**

2800 Opryland Dr, Nashville, TN 37214  
615-889-1000  
www.soundwavesgo.com

**Stateside Kitchen at Dream Nashville**

210 4th Ave N, Nashville, TN 37219  
615-622-0500  
www.dreamhotels.com/nashville

**STK**

700 12th Ave S, Nashville, TN 37203  
615-619-3500  
stksteakhouse.com/venues/nashville

**Sun Diner**

105 3rd Ave S, Nashville, TN 37201  
615-742-9099

**Tailor Nashville**

1300B 3rd Ave N, Nashville, TN 37208  
www.tailornashville.com

**Tennessee Titans**

1 Titans Way, Nashville, TN 37213  
615-565-4200  
www.tennesseetitans.com

**Thai Esane**

1520 Division St, Nashville, TN 37203  
615-454-5373  
www.thaiesane.com

**The Virgin Hotel**

1 Music Square W, Nashville, TN 37203  
615-667-8000  
virginhotels.com/nashville