



LOUISVILLE'S NEW SOUTHERN CUISINE

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New Southern Cuisine is one of the most popular food movements in the country right now. It has been for years actually. It's talking about traditional, regional Southern dishes and putting your own unique twist on them. One of the cities currently making the most noise in the movement is Louisville. We're teaching it in our culinary schools. We're pushing it to new extremes in our restaurants. Adding Korean, Vietnamese, French and Italian influences to it. Our chefs are experimenting with it on television, writing books filled with savory new creations, and introducing it boldly to new places around the world.

No, Louisville did not invent New Southern Cuisine. We've tweaked it. Fried it. Poached it. And, most importantly, added Bourbon. So, welcome to an entirely new, New Southern Cuisine experience. Welcome to a region that produces more than 95% of the world's Bourbon. Welcome to a city with more than 2,500 restaurants. Welcome to a city with numerous James Beard nominated chefs and restaurants. Welcome to the Urban Bourbon Trail. Welcome to farm-to-table, not as something new, but as the way it's always been. Welcome to one of the forefronts of the Southern "Lardcore" movement. We welcome you to Louisville – the Culinary Capital of Bourbon Country.

Bon Appétit has called Louisville "One of the best foodie small towns in America." **Zagat** says, "Louisville is one of the 7 up and coming foodie towns in America." **Southern Living** named Louisville "One of the top 10 tastiest towns." And **Food & Wine** calls Louisville's East Market Street "One of the 10 Best Foodie Streets in America."

A culinary adventure in Louisville takes you deep into the heart of the Bourbon Country lifestyle. Naturally, that means you can expect our chefs to be absolutely fearless when it comes to adding Bourbon into their recipes. And don't be surprised when you ask a Louisville chef what to pair with a certain dish, the answer is "Happy Hour."

So, think James Beard inviting Jim Beam over for dinner. Think about a place where the most spectacular Bourbon creations may actually come from the chefs. Think about all the welcoming tables waiting for you when you make a reservation for Louisville as the destination of your next big culinary adventure.

After all, when you put so many award-winning chefs and restaurants so close to so many award-winning distilleries, something tasty is bound to happen.

LOUISVILLE'S SIGNATURE DISHES

Hot Brown

No doubt about it, Louisville owns the bragging rights on the Hot Brown.

The legendary open-face sandwich which is made with Texas toast, thick-sliced turkey, cheesy Mornay sauce, crisp bacon and tomatoes, all baked until bubbling hot, was born here.

It all began at Louisville's historic Brown Hotel back in the 1920s. History goes that more than 1,200 guests would come each evening for the downtown hotel's dinner dance. When tired of dancing into the wee morning hours, the guests would head to the restaurant for a bite to eat. Then chef Fred Schmidt recognized that the guests were wanting more than the traditional ham and eggs. Schmidt decided to cook up a new, mouthwatering menu item. The Hot Brown was born.

These days, the Brown Hotel has become synonymous with the tasty entree and estimates making between 400 and 500 each week. The requests double during Kentucky Derby season.

But the Hot Brown is not just a local favorite. It's received attention all over the globe, including in **Southern Living**, the **Los Angeles Times** and **The Wall Street Journal**. It's also been spotlighted on the "TODAY Show," "Good Morning America" and Travel Channel's "Man vs. Food."

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Benedictine

Thanks to Louisville caterer, restaurateur and cookbook author Jennie Benedict, a cucumber and cream cheese spread, known for its catchy green color, has become a famous Kentucky culinary favorite. Say “Benedictine” to any Louisvillian and their thoughts will turn to a snack, not a beverage.

Miss Jennie Benedict invented her savory spread in a one-room kitchen in the family backyard around the turn of the 20th century and famously served it to Louisville high society and workers alike earning it her namesake years later.

Now the scrumptious spread and finger sandwich filling is a menu must-have for any Kentucky host worth their salt. It’s almost a guarantee that it will be served at baby and bridal showers in the Bluegrass, as well as Derby parties and spring luncheons.

Bourbon Balls

It’s no secret that in Bourbon Country the state’s signature spirit is a favorite ingredient in a slew of recipes, but perhaps none is more popular (or sweeter tasting) than the bourbon ball.

The bite-size sugary treat was created by Ruth Booe of the Rebecca Ruth Candy Co., in 1936, in Frankfort, Ky., the state capital just east of Louisville. The story goes that the Bourbon-filled chocolate balls were born as the result of a comment by the Kentucky Governor, who remarked that there was no better taste than a bite of chocolate followed by a sip of bourbon. Booe’s recipe has been hailed over the years by *Gourmet* magazine and *The New York Times*.

Kentucky’s most famous candy, in its original version, is a melt-in-your-mouth combination of pecans, bourbon and chocolate. Most families have their own adapted recipes, much like “Derby Pie®” and local chocolate shops have infused their own spins with added flavors from cayenne to mint or peach flavors.

Derby Pie®

Just by the name, it’s obvious that this delicious dessert originated in the hometown of the “greatest two minutes in sports.” The Derby-Pie® was created in the 1950s at the Melrose Inn in Prospect, Ky. The restaurant’s owners and creators, Walter and Leandra Kern, were assisted by their son George.

Derby-Pie® is a chocolate and walnut tart in a pie shell usually with a pastry dough crust. It is made with walnuts and chocolate chips.

The name Derby-Pie® was chosen because various family members, who each had their own idea for what to call the dish, couldn’t agree on a moniker. So they put the name ideas on a piece of paper and threw them into a hat. Needless to say, Derby-Pie® was the winner.

Derby-Pie® is the registered trademark of Kern’s Kitchen. The recipe is top secret, known only to a few Kern family members and a single Kern’s employee, who actually mixes the recipe today.

Old Fashioned Cocktail

Though the Mint Julep is certainly the star of the Kentucky Derby, the Old Fashioned was declared the city’s official libation in 2015. A private club in downtown Louisville (the Pendennis Club) has claimed its invention since the 1880s. Legend has it that a guest at the bar ordered a cocktail, but warned the bartender that he wasn’t a fan of bourbon. Not wanting to serve a non-bourbon drink in the Bluegrass (it is Bourbon Country, after all), the bartender concocted a drink that ended up being a huge hit with the customer.

The traditional bourbon cocktail is said to have been popularized by Pendennis club member and master distiller, Colonel James E. Pepper, who introduced the cocktail to the Waldorf Astoria Hotel in New York City. You’ll find everything from traditional to innovative variations of the classic cocktail at bars all around Louisville. Quench your thirst by ordering up an Old Fashioned at any of the 30-plus restaurants and bars along Louisville’s Urban Bourbon Trail.