

Downtown streets and local malls are full of shoppers. Parties are in full swing. The whole city of Louisville, in fact, is abuzz with interest and excitement. But, it's not Christmas, or at least not "the Christmas". It's Derby time. Many people regard the coming of Derby as a few weeks in the city when there is a plethora of choices for day and night activities, but most don't realize the full spectrum of what the Derby Festival encompasses. The race itself has been run since the late 1800's, but in 1955 someone came up with the idea of expanding the event to an entire festival of activities. By 1956, the festival was up and running, and although it met with adversity at first, it continues to grow even today. It is now a month-long celebration with more than 75 events that generates over 40 million dollars for the local economy. The festival is a private, not-for-profit organization that receives no government support. It functions on corporate sponsorship and the sales of its infamous Pegasus Pins (now sold for \$2 apiece, but allowing the entrance into nearly two-thirds of the festival events). It brings national attention to the city of Louisville and allows all of the surrounding businesses to cash in on the success. Pair all of that with the traditions that are naturally associated with the events and Derby becomes not only like a second Christmas season but Louisville's number one claim to fame.

With every passing year the Derby Festival seems to grow. The Festival can now be broken down into hundreds of defining facets. Concentration on just a few though allows us to see the tradition that Derby is deeply involved in. One of these pieces is the actual events. The growing number of events signifies the public's involvement with the media. With all of the publicity surrounding the activities (on the radio, on the news, on the bus, at work, on the billboards you pass, and even at the the Super America lane your in when you find a whole slew of Derby pins staring you in the face) it's hard not

to fall prey to the fun. Hey, what else are you going to do with your Thursday afternoon in late April? Why not spend the day at the Pegasus Parade? Why bother sleeping in? How often do you get to get up at 4:30 to see hot-air balloons taking off—just don't forget the hot chocolate in your trusty thermos (it's tradition). The "Great Steamboat Race", Run for the Rose, the miniMarathon, Thunder Over Louisville, the Chow Wagons, and the Oaks Day races are some of the big-name events that most often attended, but there are many others that fill the streets with participants and viewers at Derby time. The Fillies Ball, the McDonald's Basketball Classic, the Governor's luncheon, Miller's Beach Volleyball tournament, and several Belle of Louisville events also star in the line-up. Families get together like it was Thanksgiving Day to celebrate Louisville month of fame. Elaborate parties are thrown all over the city. Some, such as the Barnstable-Brown social event, boast celebrity status that rival the Academy Awards. Everyone seems to want a piece of the action, because it's all in the name of fun. Best of all, most party profits go to charities rather than the reimbursement of the hosts. Schools even react to the chaos of the city. Students in most Louisville schools are given Oaks Day off in preparation for Derby Day itself. And beyond the events themselves are other factors that are highly Derby-influenced. Attire tops the list. Lavish and outlandish hats make guest appearances, and hand-tailored outfits are bought and/or brought out. Everyone involved in the Derby activities acts as though it is their own personal five minutes in the spotlight, only they happily share it with millions of others. It is simply a revelation of community and tradition that all of Louisville accepts, and takes pride in like it was their own creation.

Somehow, Derby does become every participant's own manifestation. The most obvious example of this idea is displayed in the overwhelming presence of food at Derby time. Eating food falls to the wayside as preparing food takes its place at the forefront. People look to Courier Journal food guru Camille Glenn for preparation epiphanies as though she were Confucius. Asparagus dresses everything. The search for the best country ham is in effect for party elitists. Courier Journal food columnist Sarah Fritschner pumps out variations of favorite Derby recipes and makes frequent

frantic trips to the gourmet grocery store Burger's Market for top quality products. Derby is considered the best time to highlight the elaborate Southern culinary skills which are rooted in agriculture and are usually harbored throughout the rest of the year. People are actually in their kitchens beating their own biscuits, and top of the line cream candies don the dining room table atop, of all things, a lace doily. Informality is observed just as often as formality at Derby though. While some are in the kitchen perfecting their Burgoon recipe, potato salad is not unthinkable. Of course all liquor stores are out of their best bourbon for all of the Mint Julep drinkers, but they are also out of kegs of everything from Killian's Red to Pabst Blue Ribbon (which is usually considered the lowest on the scalar chain of beers). Hot dogs are sold to the typically-muddy masses in the infield while those in the grandstands are given a slightly more ritzy selection of food and pastries (including the famous Kentucky bourbon balls). Derby pie is everywhere you turn- by the checkout lanes in grocery stores, in the front windows of bakeries, sold by the slice at the mall, and also packaged by the slice for lunch. Even if you don't see Derby, you could smell its aromas from your front door.

The Derby Festival, with all of its activities and the traditions that go along with them, offer Louisvillians a chance to take direct part in the folklore of the city. The preparation that goes into Derby allows time for viewers and participants of the events to become excited, and, due to the long history of Derby and its success, that excitement precludes most all other events in the city during late April and early May. With the richness of cooking, the Derby season is a special time to flaunt culinary skills or to push your novice skills to the limit. Throw a Derby pie in the oven with the country ham. Don't forget the dash of bourbon. It's all in the name of Derby fun. No need to turn on your television to watch the parade- this isn't Thanksgiving you know! Why, grab you're jacket and you family and head down to Broadway. This stuff is all in your backyard. It's everywhere you turn in fact, and you probably can't avoid it. And for Louisvillians, that's the best part about it. No one wants to avoid it. It's part of their family traditions, and is becoming part of their heritage one event at a time.

Articles

articles found in the 1997 issues of the Courier Journal:

Cafe is home for Derby Fest-O-Rama. May 2

Pharmacy lunch counter serves final Derby Week. April 24

Derby Belles greet visitors to Louisville. May 3

These treats have a local track record. April 25

Distiller makes mark with Oaks party. May 3

articles found in the 1996 issues of the Courier Journal:

Feeding the masses is a numbers game. May 5

Kentucky Derby Memories: Tradition places second to ease of preparation. April 24

Off to the races: Hot brown wins again- this time as a casserole. April 24

Southern Hospitality: These icy desserts should make the winner's circle. May 1

Derby boxes (the kind you eat): Festive food-to-go can be a winner, even if you're not headed for the track. April 22

articles found in the 1995 issues of the Courier Journal:

Beyond Mint Juleps. April 30

Derby Fare: Old favorites put cooks in the winner's circle. April 26

articles found in the 1994 issues of the Courier Journal:

Spring Frolic: Stars shone brightly despite rain at the Barnstable-Brown bash. May 6

Derring-do 'bales'out Battaglia's Derby gala. May 7

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articles found in the 1993 issues of the Courier Journal:

Doyenne of Dining. April 28

Derby Spirits: Idea for parade just the tonic for festival. April 23

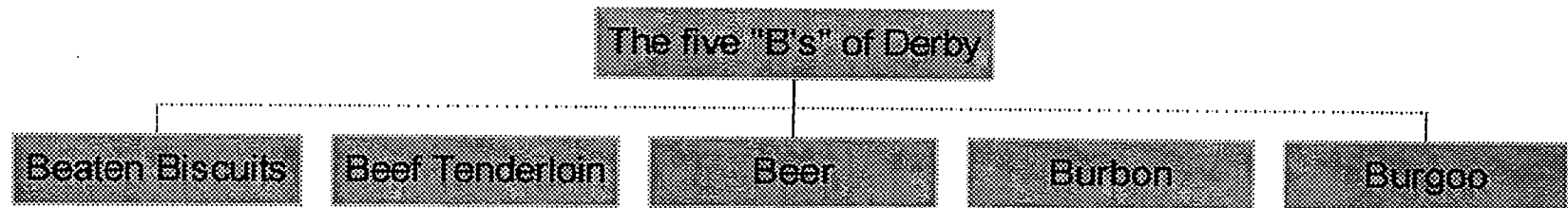
From fancy toppers to caps, chapeaus are back on top. April 25

A treat for the little people: the governor's Derby breakfast. April 13

Ham from Heaven: Dress your Derby table with this country-cured treasure. April 14

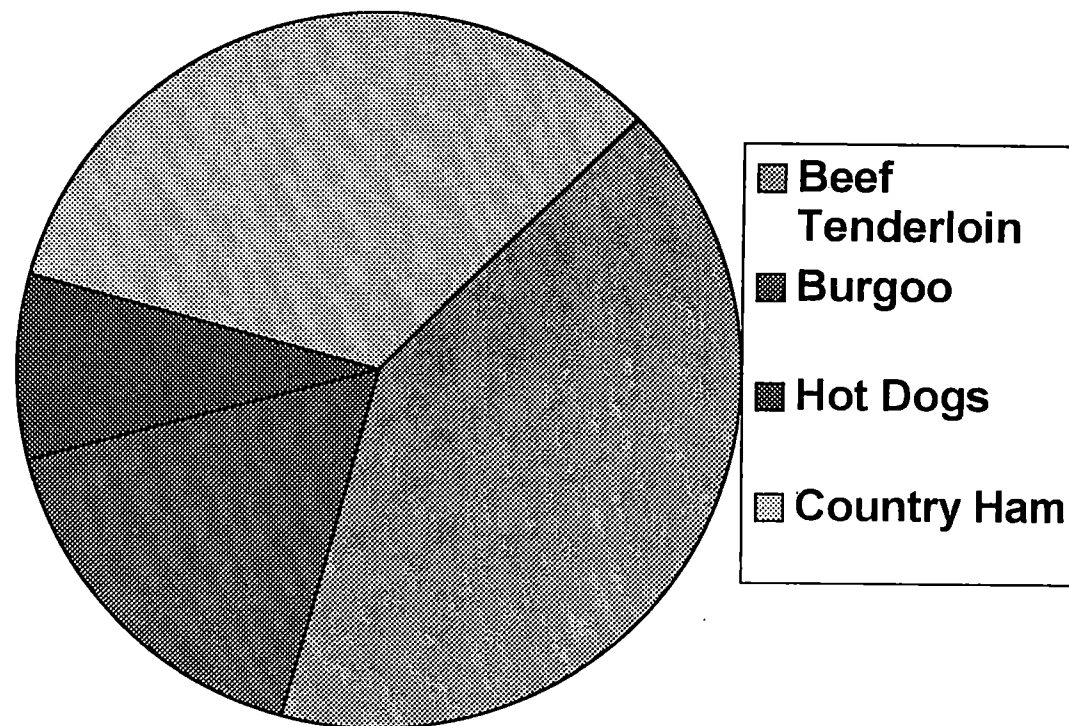
The best bet: Catch Derby-Pie fever. April 26

The Five "B's" of Derby

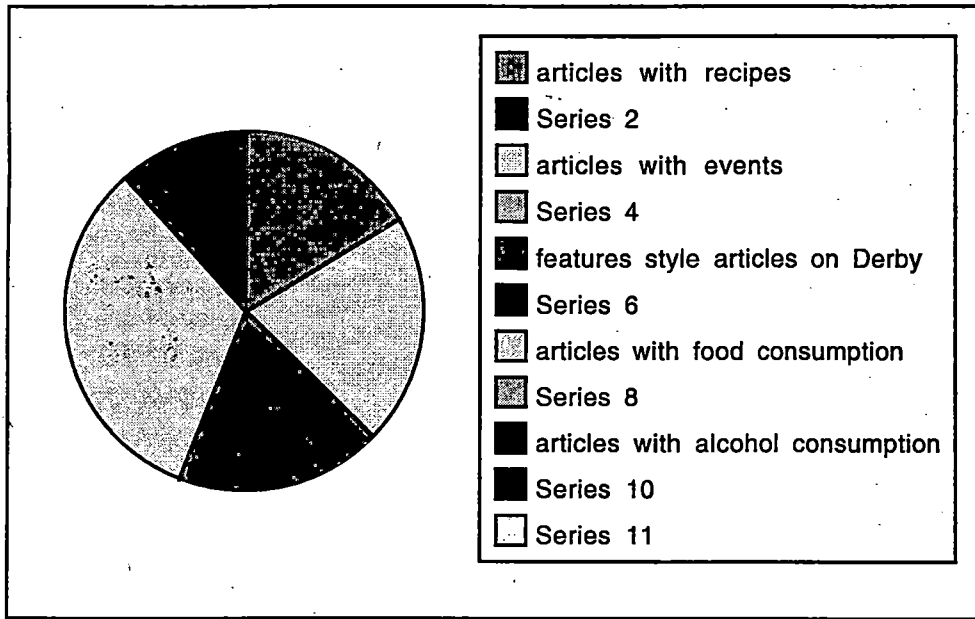


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Breakdown of Meats



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Beef Tenderloin	1	---	2	---	---	1	---	---	---	2	---	6	---	---	---	---	---	---	---	---
Pecans	1	---	---	---	---	---	---	---	---	---	---	1	---	---	---	---	---	---	1	---
Asparagus	1	---	3	---	---	---	---	---	---	---	---	6	---	---	---	---	---	---	---	---
Mint Julep	1	1	1	3	---	---	1	---	1	---	1	---	---	---	---	---	---	---	---	1
Beer	---	5	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
Hot dogs	---	2	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
Country Ham	---	---	1	---	---	---	1	---	---	1	1	1	---	---	---	---	---	1	1	1
Beaten Biscuits	---	---	1	---	---	---	2	---	---	---	---	---	---	---	---	---	---	---	---	---
Burgoo	---	---	1	---	---	---	1	---	1	---	---	---	---	---	1	---	---	---	---	---
Bourbon	---	---	---	3	---	---	2	---	---	---	---	1	---	---	---	2	---	---	---	---
Bibb Lettuce	---	---	---	---	---	---	---	---	---	---	1	---	---	---	---	---	---	---	---	---
Southern	---	---	---	---	---	---	---	---	---	---	1	---	---	---	---	---	2	---	---	---
Ice Cream	---	---	---	---	---	---	---	---	---	---	---	---	1	---	---	---	---	---	---	---
Coffee	---	---	---	---	---	---	---	---	---	---	---	---	1	1	---	---	---	---	---	---
Potato Salad	---	---	---	---	---	---	---	---	---	---	---	---	---	1	---	---	---	---	---	---
Derby Pie	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
Hot Browns	---	---	---	---	2	---	---	---	1	---	---	---	---	1	---	---	---	---	---	---
Belles	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	2	---	---	---	---
Candy	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	8	---	---	---
Coffecake	---	---	---	---	---	---	---	1	---	---	---	---	---	---	---	---	---	---	---	---



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Headline: Kentucky Derby memories
Tradition places second to ease of preparation

Date: April 24, 1996 Section: FOOD
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Author: SARAH FRITSCHNER STAFF

Text:
WHEN diners discuss Derby menus, they talk about mint juleps and country ham and beaten biscuits.

When cooks discuss Derby menus, they talk about beef tenderloin and asparagus.

The difference is in memory. Diners remember history, the glory days when help in the kitchen meant time-consuming meals on the table. Cooks remember last Derby Day, when they were stuck stirring the burgoo, or filling little biscuits with ham.

Not this year. Tradition has adapted to incorporate food that's easier to cook - and nothing is easier than roasting. Centered on beef tenderloin and asparagus, it's still an elegant menu, but one that can adapt to a buffet if your guests happen to bring their guests. Many of these dishes can be made ahead, further simplifying the work.

Most important, the menu reflects Kentucky and its seasons. Spring gives us snap peas, greens, asparagus, strawberries and, for those of us who have good eyes and handy woods nearby, fresh morel mushrooms.

Spring salad

with sugar snaps, pecans

and shaved Parmesan

1/2 cup olive oil

3 tablespoons red wine (or other) vinegar

1/2 teaspoon salt

1/2 teaspoon freshly ground pepper

1 pound sugar snap peas

12 cups salad mix of baby greens (or salad greens of choice)

3/4 cup toasted pecans (see note)

1- to 2-ounce chunk Parmesan or Gruyere cheese

Combine olive oil, vinegar, salt and pepper in a small jar with a tight-fitting lid and shake to dissolve salt. Dressing can be prepared

weeks ahead of time and set aside until used.

Rinse peas and trim their stem ends.

Rinse the salad greens and spin or shake them dry. Place on salad plates or platter. Arrange raw sugar snap peas over the salad and sprinkle with pecans. Dress with olive oil mixture. Use a potato peeler to shave thin slices of cheese and place them on the salad.

Serves 8 to 10.

To toast pecans: Spread in a single layer in a baking pan and bake at 350 degrees for about 10 minutes, or until they are light brown and smell toasty. (Total time depends on how big the pieces are and how cold they are going into the oven.)

Beef tenderloin

1 beef tenderloin, about 4 or 5 pounds

Salt and pepper

Thyme

3 slices bacon

Heat the oven to 400 degrees. Put tenderloin on a shallow roasting pan and sprinkle liberally with salt, pepper and thyme. Cut bacon in half to make short pieces and drape them over the roast at intervals. Bake for 30 minutes, or until a thermometer reads 120 degrees for rare meat, 130 for medium rare. Peel the bacon off the meat. Allow the meat to stand 15 minutes before cutting into thick slices.

Serves 8 with leftovers.

Oven-baked asparagus

Baked asparagus sounds unlikely but it's truly delicious - the dry heat concentrates the flavors - and could not be easier to prepare. I've served this asparagus hot, room temperature and cold.

2 pounds asparagus

2 tablespoons vegetable oil

1/2 teaspoon salt

Juice of 1/2 lemon

Heat oven to 400 degrees. Wash asparagus, trim woody ends and place on a shallow roasting pan. Sprinkle with oil, picking the asparagus up with your hands to help distribute the oil over it. (You needn't be too obsessive; just spread it around.) Lay the asparagus in a single (or nearly single) layer and sprinkle with salt. Drizzle with lemon juice and bake 15 minutes, or until asparagus begins to shrivel and is tender. The total cooking time will depend on how thick the asparagus stalks are: Thicker ones may need a little longer; pencil-thin may not take 15 minutes.

Serves 8.

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Mushroom and potato

casserole

The potatoes can be cooked a day or two ahead but do not freeze well.

1/4 cup olive oil

2 medium onions, thinly sliced

8 ounces fresh mushrooms (or substitute fresh morels)

2 pounds medium-sized red potatoes or other potatoes

1 teaspoon salt

1/2 teaspoon cayenne pepper

1 cup canned beef broth (or homemade if you have it)

1 cup grated extra sharp cheddar cheese

Heat 2 tablespoons olive oil in a wide skillet and add the onions. Cook over medium heat for about 15 minutes, stirring occasionally, until onions are limp, brown and quite reduced in size. Set onions aside.

Slice the mushrooms. Heat remaining olive oil in the same skillet and cook mushrooms over high heat until they are glossy and beginning to brown.

If you're using red potatoes, the skins should be thin and you shouldn't have to peel them. Russet potatoes should be peeled.

Heat oven to 400 degrees.

Place a layer of half the onions and half the mushrooms in a casserole that's been generously greased with butter. Slice potatoes very thin and layer half the slices on top of the onions and mushrooms. Sprinkle with salt and cayenne and half the cheese. Top with remaining onions and mushrooms, then top with remaining potatoes. Sprinkle again with salt and cayenne.

Pour broth over potatoes, cover tightly with lid or foil and bake 40 minutes. Remove the foil, sprinkle with remaining cheese and bake 20 minutes more, or until potatoes are very tender.

(If you want to prepare potatoes ahead, cook them the 40 minutes and then set aside. When you reheat them, take the lid off, sprinkle with cheese and bake until tender.)

Serves 8.

Spoonbread

Spoonbread is a specialty of the Boone Tavern in Berea, Ky., which serves it with all dinners. It's a cross between polenta and corn bread, richer than the former, but not so firm as the latter. It's spooned out of its baking container (hence the name) and eaten steaming hot with plenty of butter and a fork.

Some recipes call for sugar and baking powder, but I like the unsweetened version best. Spoonbread is a perfect accompaniment for our unadorned roast beef and roast asparagus. Spoonbread also makes a good focal point for an all-vegetable meal.

- 1 cup cornmeal (white or yellow)
- 1 teaspoon salt
- 2 tablespoons butter plus more for greasing pan
- 2 eggs
- 1 cup 2 percent or whole milk

Generously butter a 1-quart souffl dish or similar-sized container. Heat oven to 400 degrees.

Combine cornmeal and salt in a medium saucepan and add 2 cups water. Bring to a boil over medium-high heat, then lower heat and simmer for 5 minutes, or until the mixture is very stiff. Remove from heat, add butter and set aside as you beat the eggs. Add milk to the eggs and beat again. Stir the butter into the cornmeal until it's completely melted. Stir in egg mixture, then turn into greased dish. Bake for 40 minutes, or until firm and browned on top. Serve it hot, spooned from the dish, with plenty of butter.

Serves 6 at a big dinner, 4 at an all-vegetable meal.

Bourbon chess tarts

with strawberry sauce

Though tarts aren't difficult to make, following a recipe is tricky business. Tart pans differ in diameter and depth, and therefore you may run out of crust before you run out of filling, or vice versa.

The tart pans we used were 4 inches in diameter and 1 inch deep, of heavy steel with removable bottoms and scalloped sides. They make beautiful tarts, but are pushing the outer limits of a single serving. You might want smaller pans.

Crust:

- 1 1/3 cups flour
- 1/2 cup butter
- 1/2 teaspoon salt
- 5 tablespoons cold water

Filling:

- 2 eggs
- 1/2 cup melted butter
- 1 cup sugar

1 tablespoon finely ground cornmeal

1/2 teaspoon salt

1/4 cup bourbon

Strawberry sauce:

1 quart strawberries

2 tablespoons sugar, or to taste

Lemon juice or vanilla, if needed

Crust: Combine flour, butter and salt in a medium bowl. Cut the butter into the flour using a pastry blender or 2 knives, until the mixture resembles a fine meal. Add water and stir until the mixture holds together when pressed between your hands. Flatten the mixture into a disk about 1-inch thick, wrap it in plastic wrap and refrigerate 30 minutes or more. Roll it onto a floured countertop and cut circles about 6 inches in diameter (or large enough to fit your tart pans). Fit them into your tart pans and trim the edges. Set aside.

Filling: Heat oven to 425 degrees. Beat eggs in a bowl. Add butter, sugar, cornmeal, salt and bourbon. Stir to blend and pour into tart pans. Bake 15 minutes, reduce heat and bake up to 30 minutes more, or until filling is set.

Strawberry sauce: Remove green hulls from strawberries, rinse the berries under cold running water and pat them dry. Put strawberries in a blender with sugar and blend until smooth. Add lemon juice or vanilla, if necessary, to heighten flavor. (Sometimes California strawberries aren't real flavorful.)

Serve tarts on a pool of strawberry sauce.

Serves 6, more or less, depending on the size of your tart pans.
Derby menu

spring salad

with sugar snaps, pecans

and shaved Parmesan

beef tenderloin

oven-baked asparagus

mushroom and potato casserole

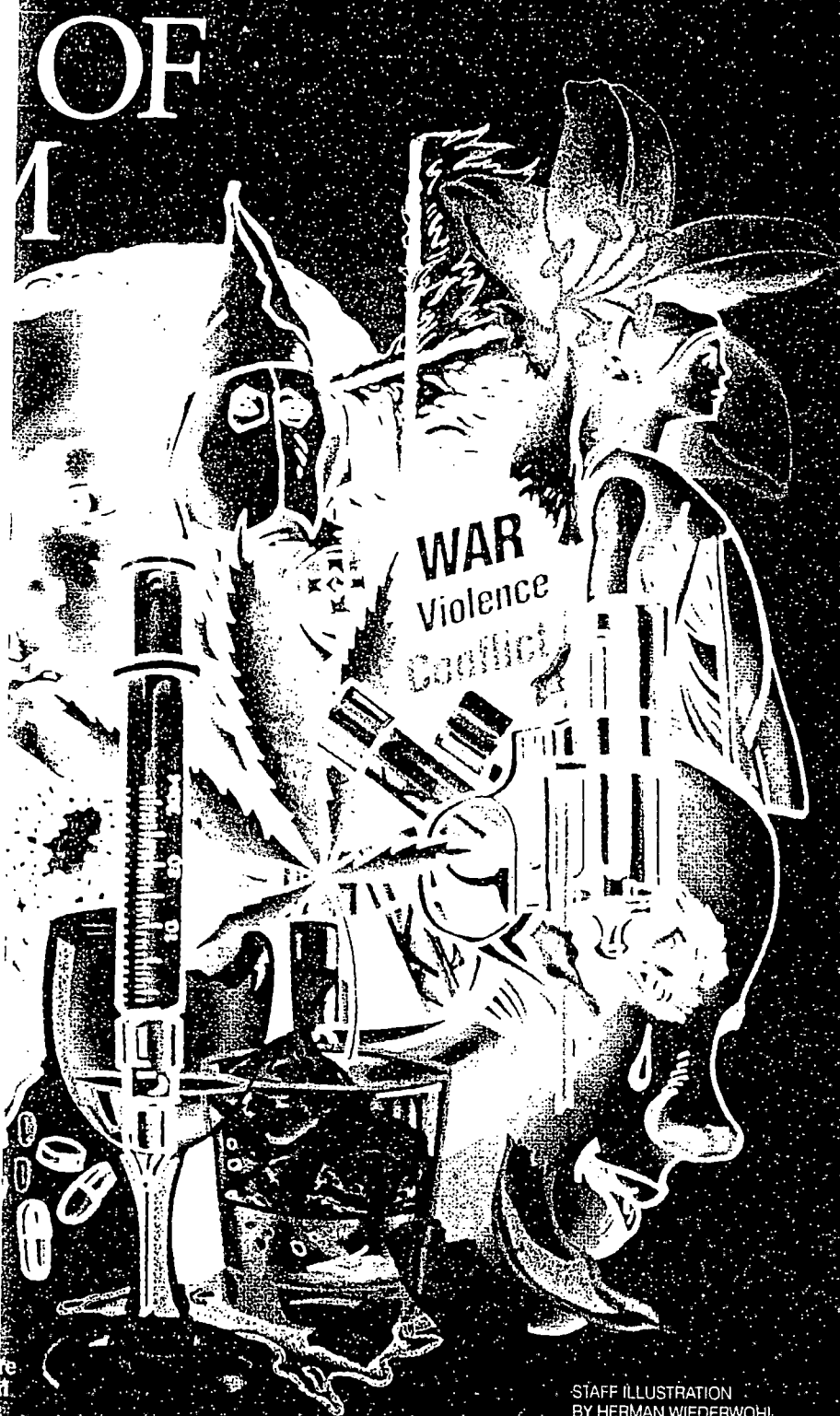
spoonbread

bourbon chess tarts

with strawberry sauce

Graphic:

STAFF COLOR PHOTO BY PAM SPAULDING / ALICE COLOMBO, FOOD STYLIST



STAFF ILLUSTRATION
BY HERMAN WIEDERWOHL

'THE END OF INNOCENCE'

By Ali Raisor
St. Francis High School

In the past few decades, America has seen the gradual decay of "The Age of Innocence." The pathway to adulthood is becoming shorter and often prematurely traveled by today's teens. With alarming increases in teen-age pregnancy and the continuing problems of drug use and high school drop-outs, it is time that society re-examines the aptitude of modern teen-agers, asking whether or not they have what it takes to make crucial life choices at such an early age.

Childhood is a time of learning, when skills, knowledge and experience are gained in order for one to



BEYOND MINT JULEPS

Sure, drink one.
But then switch
to an Old-Fashioned

By SUSAN REIGLER
SCENE Restaurant Critic

Be honest. Have you ever drunk a mint julep outside of Derby week?

The annual ritual of harvesting, crushing, sugaring and steeping mint to mix with bourbon and crushed ice (preferably in a silver beaker) only happens once a year — and it's not because it's labor-intensive.

Face it: Most mint juleps, unless the weather is very hot or the mix is just right, taste like icy mouthwash.

The pressure of tradition is intense. Perhaps you are one of the many closet "Julephobes" who yields to it long enough to drink one sociable potion. For you, a recipe follows.

But don't despair.

There are alternatives.

Since a virtual river of bourbon will be flowing in Louisville this week, why not drink one of the other famous cocktails made with Kentucky's native spirit? Many have distinguished origins, and every one is better-tasting than the infamous julep.

The Old-Fashioned

Nineteenth-century men's clubs seemed to have been hotbeds of creative bartending. Right here in River City, the Old-Fashioned was first mixed in the early 1880s, at the Pendennis Club.

Since Col. James Pepper, head of the now-defunct Pepper Distillery (makers of Henry Clay's reputed favorite whiskey), was a club member, there's speculation that he had a hand in the invention of the Old-Fashioned.

(There's also a story circulating that a club member who didn't care for bourbon, but feared expulsion if he didn't imbibe the local elixir, asked the bartender to make the whiskey more palatable.)

In any case, Pepper was certainly fond of the Old-Fashioned. He introduced the cocktail to New Yorkers. It was being served at the Waldorf Hotel bar, in the colonel's honor, by the 1890s.

There was even a special vessel introduced for the drink. The short, six-ounce "Old-Fashioned" glass is part of standard barware to this day.

Here's how to make Col. Pepper's favorite cocktail:

In (of course) an Old-Fashioned glass, place a sugar cube in 2 tablespoons of water. Add a dash of bitters and 1 1/2 to 2 ounces of bourbon. Add ice cubes and a slice of orange. (Some Old-Fashioneds also call for filling the balance of the glass with club

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Headline: OFF TO THE RACES!

Hot brown wins again this time as a casserole

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Author: ALICE COLOMBO STAFF

Text:

The hot brown, the epitome of sandwiches, has a sibling - the hot brown casserole. Served on the buffet at The Brown hotel, it is equally as wonderful as the sandwich and is a sure bet to compete for the title of favorite dish served at luncheons and late suppers during Derby week.

This casserole, like most others, is best when assembled, baked and eaten immediately. However, if you are going to the track or to one of the many other Derby week events, there are some steps you can do ahead.

Make the sauce, fry the bacon, seed and chop the tomato, chop the parsley and, if in a real bind, even toast the bread early in the day. Then assemble the casserole when you return in the evening. Be sure to refrigerate the perishable ingredients until you're ready to assemble the casserole.

Today we're also sharing a Southwestern version of the hot brown, courtesy of chef Richard L. Lewis of Judge Roy Bean's on Bardstown Road.

The Brown's hot brown casserole

If using refrigerated ingredients, increase the baking time to 25 to 30 minutes or until thoroughly heated.

1 cup butter

3/4 cup flour

2 eggs, beaten

6 cups milk

1 cup grated Parmesan cheese

1/4 cup heavy whipping cream

Salt and pepper, to taste

16 slices white bread, toasted

16 slices turkey

Paprika

1 cup bacon bits (1/2 to 3/4 pound

uncooked bacon)

1 cup tomato, seeded and diced

1/4 cup chopped parsley

In a large saucepan, melt butter. Add flour, stirring to make a roux. Cook 2 to 3 minutes. Thoroughly beat egg. Beat into milk. While stirring, very slowly add milk mixture to butter mixture. Stir in 3/4 cup Parmesan cheese. Cook until mixture thickens but do not boil. This will take 30 to 45 minutes. Mixture should heavily coat spoon. Remove from heat. Fold in whipping cream and add salt and pepper to taste.

Trim crust from bread. Toast in a regular toaster or place in pan under broiler until golden. Do both sides. Line the bottom of a 9-by-13-by-2-inch casserole and an 8-by-8-by-2-inch casserole. (I used 6 slices of toasted bread to line a 9-by-13-by-2-inch casserole and 4 slices for an 8-by-8-by-2-inch casserole.) If your casserole dish is large enough to accommodate 10 slices of bread, use only 1 casserole.

Top with slices of turkey. Cover with sauce, dividing the sauce between the 2 casseroles, or if using 1 casserole, spread all of the sauce over the turkey. Sprinkle with remaining Parmesan cheese and paprika. Place in a preheated 350-degree oven for 15 minutes or until golden brown.

While casserole is baking, fry bacon. When crisp, remove from pan and place on paper toweling to drain. When cool, break into bits. Toast remaining 6 slices of bread. Cut in half on the diagonal.

After removing the casserole from the oven, place toasted bread around outer edge, point side up. Garnish with bacon bits and diced tomatoes. Sprinkle with chopped parsley. Serve while hot.

Makes 8 servings.

Judge Roy Bean's

Arizona hot brown

Since blue corn meal isn't readily available, we used yellow. There are several variables to this recipe. Chef Richard Lewis suggested using chicken and country ham for the meat and changing the amount of chili powder (he suggested 2 tablespoons) to suit your taste or use a spice you like for flavor.

Corn bread (recipe follows)

Red chili Mornay sauce (recipe follows)

3/4 pound sliced smoked turkey breast

3/4 pound sliced hickory-smoked ham

6 slices tomato

1/2 pound smoked Cheddar cheese, grated

Prepare corn bread and Mornay sauce in advance. To make sandwich, place bottom slice of corn bread on an oven-proof plate or pan. Top with

turkey and ham. Place top slice of corn bread on top of ham. Add a slice of tomato, 2/3 cup chili Mornay sauce and a sprinkling of grated smoked Cheddar cheese. Bake in a preheated 400-degree oven for 7 minutes. Serve immediately.

Makes 6 sandwiches.

Corn bread

1 cup blue or yellow cornmeal

1 cup flour

1/2 teaspoon baking soda

Pinch salt

Pinch black pepper

2 eggs

1/2 cup buttermilk

1 cup sliced mushrooms

1/2 cup grated Monterey Jack cheese

1/2 cup diced green onions

Generously spray a 8-by-8-by-2-inch baking dish with a non-stick spray. Set aside. Heat oven to 350 degrees.

In the bowl of an electric mixer combine cornmeal, flour, baking soda, salt and pepper. Stir.

Beat together the eggs and buttermilk. Add to flour mixture. Beat 1 minute. Fold in mushrooms, grated cheese and onions. Pour into prepared pan. Bake in preheated oven for 30 to 35 minutes or until a toothpick inserted near center comes out clean. Remove from oven. When cool, cut into 6 equal portions and split each portion in half. Corn bread will keep 2 days.

Makes 6 servings.

Red chili Mornay sauce

1/4 cup butter

1/4 cup chopped onions

1/4 cup flour

3 cups heavy cream

Chili powder or spice of choice, to taste

Pinch salt

Pinch black pepper

1/4 cup grated Parmesan cheese

In a heavy pot over low heat, melt butter. Add onions. Cover with a tight-fitting lid. Sweat for 3 minutes. Remove lid and add flour to make a roux. While stirring, cook 4 to 5 minutes over low heat. Slowly add cream and simmer for 10 minutes or until mixture coats the back of a spoon. Remove from heat. Add chili powder or spice, salt, pepper and Parmesan cheese. Stir until cheese melts and ingredients are combined.

Use immediately or refrigerate until ready to use. Refrigerated, sauce will keep 2 days.

Makes about 1 quart.

''Cook's Corner'' appears Wednesdays in the Food section. Send your questions, recipes, ideas or requests about food to ''Cook's Corner,'' The Courier-Journal, 525 W. Broadway, P.O. Box 740031, Louisville, Ky. 40201-7431. Include your full name, address and telephone number (this will not be published). If you are interested in a recipe from a restaurant, please include the restaurant's address. Only items of general interest will be used.

Graphic:

INFORMATIONAL GRAPHIC OF FOOD HOT LINE (SEE LIBRARY MICROFILM)

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Accession Number: LVL11127057

Hostesses Priscilla Barnstable (left) and sister Tricia Barnstable Brown welcomed actor Randy Quaid to their Louisville benefit party last night.

MARY ANN LYONS, THE COURIER-JOURNAL

or the cocktail effect, excitement rose at the sight of any celebrity.

"Dave Dellis and his partner, Arlene Barry, were in from Dayton, Ohio, for their 10th Madden party and had their camera at the ready in the entry tent.

Early in the evening, one of their first photographic conquests was Diedrich Bader, from "The Drew Carey Show." Neither of them recognized the actor.

"I'll have to watch more TV, I guess," Dellis said.

The better-known and anonymous alike dined on a French-influenced meal that included beef dijonaise, chicken bordelaise and various appetizers, vegetables, bread and desserts of French or European extraction.

For the second straight year, the party was sponsored by Circus Circus Enterprises, the Las Vegas-based casino company.

Tickets cost \$250 or \$300, with net proceeds going to the Bluegrass Boys' Ranch.

'A Touch of Jamaica' sets the mood at Neal party

By LAWRENCE MUHAMMAD
The Courier-Journal

Long a popular place for succulent soul food, Jay's Cafeteria in Louisville last night resembled a Caribbean bistro.

Tropical plants and artwork of island scenes were the backdrop for 300 people at the Derby Eve gala of state Sen. Gerald Neal and his wife, Kathy Cooksie Neal.

"A Touch of Jamaica" was the theme, and the party featured spicy jerk chicken and Jamaican rum punch, and reggae and soca hits from the five-piece ensemble Corey Gaines and Friends.

Each table was decorated with a long-stem red rose and travel bro-

chures and posters from Jamaica.

Many men donned brightly colored jackets and women wore flowered and pastel-colored party dresses, though there was no shortage of tuxedos and designer suits.

Cooksie Neal wore an ankle-length wrap print dress of red, purple, yellow and green, and strappy red sandals with chunky heels.

"I just wanted something festive and airy, like people wear in Jamaica," she said.

The Neals began having an annual Derby Eve party 10 years ago at their western Louisville home.

"It started out being just a mixture of friends," said the Democratic senator said. "But one time we drew about 1,300 people. Then we decided to do it toward some purpose and make the crowd smaller."

Since 1992 the party has generated about \$5,000 annually for college scholarships administered by the Lincoln Foundation. This February it gave \$3,000 to the YMCA Black Achievers program.

Said Neal: "We have people of note and people who are just a next-door neighbor mixing together. So the idea isn't really that we have somebody special — everybody who comes is special."

Derring-do 'bales' out Battaglia's Derby gala

By JUDITH EGERTON
The Courier-Journal

When thunderstorms kicked up last night, organizers didn't panic at actor Matt Battaglia's "Mint Jubilee" party.

As the tent on the University of Louisville Belknap Campus threatened to lift off, they called a Lowe's store, where they managed to find 60 bales of hay to act as ballast.

Two young volunteers, Amy Hamin and Christine McClean, had never



SAM UPSHAW, THE COURIER-JOURNAL
Susan Ward, of "All My Children," at the Mint Jubilee.

driven a truck, but they wrestled a 24-foot-long vehicle back to the party and — in their fresh hairdos and nail polish — unloaded the hay.

It was a dramatic beginning for Battaglia's first-time Derby bash that left guest Bob Valvano, head basketball coach at Bellarmine College, quipping that "lugging in the hay" should become an annual event.

Battaglia (pronounced Ba-TAL-ya) already had been busy dealing with details of the party, which he conceived and hosted with Louisville brothers Chris and Tom Thieneman at the University Club and in the adjacent tent.

It was fitting that the black-tie event took place at U of L, where Battaglia played linebacker for the Cardinals with Chris Thieneman, who was a defensive linebacker.

The party's theme was "Once Upon a Cure," and profits from the sale of \$200 tickets (for cocktails, dinner and dance) and \$125 tickets (dance only) benefit the V Foundation, a non-profit organization established in honor of the late basketball coach Jim Valvano. The foundation provides grants for cancer research.

Bob Valvano, Jim's brother, was delighted with the party turnout.

"We want the V Foundation to be

a national charity," he said. "And to do so, you have to be affiliated with big, national events, which this is. This event sold out the first year. For a first-year event, it's unbelievable."

Susan Ward, who plays Meg on "Sunset Beach," believes in the foundation's cause, explaining that several women in her family had dealt with breast cancer.

"It's a cause I'm very concerned about and want awareness for," she said.

Other celebrities on the guest list included David Chokachi, who plays Cody Madison on "Baywatch"; Catherine Bell, star of "J.A.G."; Randy Barnes, Olympic gold medalist in the shotput; former U of L football coach Howard Schnellenberger and current coach Ron Cooper.

Bell, who wore a black, off-the-shoulder Jessica McClintock gown, said this was her first trip to Louisville. At the Oaks yesterday, she said, she bet on all the races. "I'm hooked! We got into the whole thing," she said. "Louisville people are very nice, very sweet. It's a beautiful city, green and hilly."

The 450 guests who paid for the dinner ate a feast that included beef tenderloin with mushroom salsa and merlot sauce, and salmon with sunflower seeds and champagne-leek sauce.

The tables were crisply decorated with black tablecloths; the chairs wore white, polished-cotton covers with bows at the backs.

Three rooms for dancing offered musical variety: Motown sounds from the Black Widow band, a pulsating disco beat provided by a disc jockey and cool tones of a clarinet-and-saxophone jazz combo.

Battaglia, 31, who plays J. L. King on the NBC soap "Days of Our Lives," conceived the idea of a Derby party with the Thienemans after his mother, Nancy Van-Cleve Battaglia of Atlanta, died of cancer three years ago.

Besides contributions from the Thienemans, the "Mint Jubilee" received sponsorships from Hilliard-Lyons Trust Co. of Louisville and American Express Travel-Related Services.

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OLD FAVORITES PUT COOKS IN WINNER'S CIRCLE

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LOUISVILLE

JEFFERSON COUNTY

KENTUCKY

FOODS

MANNERS AND CUSTOMS

HOLIDAYS

BEVERAGES

Text:

The horses -- and the tourists -- are arriving daily, and we're eagerly awaiting the latest hot tip on a potential winner. These are signs that it's Derby time. Another sign is the telephone is ringing constantly at The Courier-Journal kitchen with requests for Derby recipes.

Some of you may already have these old favorites on file. If you have lost your copies or are new to our annual celebration of the Kentucky Derby, we share the following recipes for traditional Derby party fare. Lucky visitors will be sampling dishes like these at Derby parties this week and next.

Kentucky mint julep

4 sprigs fresh mint

1 teaspoon superfine granulated sugar

2 jiggers Kentucky bourbon

Crushed ice

Remove leaves from 2 sprigs of mint. In the bottom of a silver julep cup, bruise the mint leaves into the sugar. Add about a tablespoon of bourbon. Continue to mash until you have a green paste. Place a short straw in the cup and arrange remaining mint sprigs around the straw. These sprigs should be the same height as the straw, so the nose of the imbiber draws in the bouquet of the mint.

Fill cup 3/4 full with ice. Add remaining bourbon, then top off the cup with more ice. Place the cup in the freezer for 30 minutes to frost.

Makes 1 mint julep.

Party mint juleps

2 cups Kentucky bourbon

1 cup minted simple syrup (recipe follows)

Crushed ice

Mint sprigs, for decoration

Combine bourbon and minted simple syrup. Chill overnight or until needed. The mixture should be very cold.

Place a short straw in each julep cup or tumbler and arrange mint sprigs around straw so your nose draws the bouquet from the mint leaves.

Fill cups or tumblers with crushed ice; add the chilled minted bourbon.

Makes 4 to 6 juleps.

Simple syrup: Boil 1 cup water with 2 cups sugar for 5 minutes. Cool. Add 1/2 cup packed mint leaves and let steep overnight or for 12 hours, stirring occasionally. Strain syrup through a fine sieve, discarding mint.

Makes 1 1/2 to 2 cups syrup.

Beaten biscuits

- 2 pounds flour
- 1/2 teaspoon salt
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 pound lard
- 3/4 cup milk
- 3/4 cup water

Sift together flour, salt, sugar and baking powder 3 times. Work in the lard until mixture is mealy. Pour in liquids and mix with a wooden spoon until you can gather the dough with your hands into a ball.

Place the dough on a cutting board or countertop and beat with a rolling pin or knead until dough blisters and pops good and loud.

Pat out 1/2-inch thick and cut with a 1 1/2-inch biscuit cutter.

Puncture biscuits with fork 3 times all the way through. Place on an ungreased baking sheet and bake in a 325-degree oven for about 30 minutes.

Makes about 8 dozen biscuits.

Hart County, Ky., burgoo

- 2 pounds pork shank
- 2 pounds veal shank
- 2 pounds beef shank
- 2 pounds breast of lamb
- 1 (4-pound) hen
- 8 quarts cold water
- 1 1/2 pounds potatoes, peeled and diced
- 1 1/2 pounds onions, peeled and diced
- 1 bunch carrots, diced
- 2 green peppers, diced
- 2 cups chopped cabbage
- 2 cups whole kernel corn, fresh or canned
- 2 pods red pepper
- 2 cups diced okra
- 2 cups lima beans
- 1 cup diced celery
- 1 quart tomato puree
- Salt and cayenne to taste
- Tabasco to taste
- A-1 sauce to taste
- Worcestershire sauce to taste
- Chopped parsley

Put all the meat into the cold water and bring slowly to a boil. Simmer until the meat is tender enough to fall from the bones. Lift the meat out of the stock. Cool and chop up the meat, discarding the bones. Strain stock, discard the bones.

Prepare vegetables and add to stock along with the chopped meat. Allow to simmer until thick. Burgoo should be very thick but still soupy. Add seasonings to taste, continuing until the burgoo is almost done. Add chopped parsley just before serving.

Makes 3 gallons.

Note: Stir frequently with a long-handled spoon or paddle during the first part of the cooking and almost constantly after it gets thick. Use at least a 4-gallon kettle and cook about 10 hours.

Boil-baked country ham

- 1 country ham

Cold water
1 cup vinegar
1 1/2 cups dark brown sugar
Whole cloves
1/4 cup dry mustard
2 tablespoons cornmeal

Three days before serving, in a large roaster or stockpot, soak ham overnight in enough cold water to cover. In the morning remove ham, place in sink and scrub with a brush under running water until it has been cleaned of any clinging debris.

Wash roaster or stockpot, place ham in it and cover with water.

Add vinegar and 1 cup brown sugar and bring to a boil, immediately reducing heat to low.

Simmer 20 minutes per pound for older ham, 15 to 18 minutes per pound for quick-aged ham, or until the small bone in the hock can be pulled out with the fingers. Let cool in cooking water overnight.

Place cooked ham on rack to drain. Trim fat to about 1/2-inch thickness; score and stud with cloves.

Mix dry mustard, remaining 1/2 cup brown sugar and cornmeal. Apply uniformly over ham. Place ham in an open baking pan on a rack. Bake in a 375-degree oven 20 to 30 minutes or until evenly browned. Remove from oven and cool on rack.

Refrigerate overnight before serving. Slice paper-thin. Served on beaten biscuits, it feeds a crowd.

Strawberries with Rebecca sauce

2 quarts fresh strawberries
1 pint sour cream
1/2 cup brown sugar
1 tablespoon vanilla
1 tablespoon dark rum or bourbon

Wash berries. Drain on paper towels. Place in a decorative bowl or basket. Combine sour cream, brown sugar, vanilla and rum or bourbon. Stir to mix well. Use as a dipping sauce for strawberries. Refrigerate until ready to use.

Makes about 3 cups sauce. Recipe may be doubled.

"Cook's Corner" appears Wednesdays in the Food section. Send your questions, recipes, ideas or requests about food to "Cook's Corner," The Courier-Journal, 525 W. Broadway, P.O. Box 740031, Louisville, Ky. 40201-7431. Include your full name, address and telephone number (this will not be published). If you are interested in a recipe from a restaurant, please include the restaurant's address. Only items of general interest will be used.

Caption: Fresh strawberries with Rebecca sauce will add a rosy touch to any Derby meal. Recipe inside.

Graphic:

COLOR PHOTO BY PAM SPAULDING/ALICE COLOMBO, FOOD STYLIST

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FOOD & FEATURES

MORSELS SARAH FRITSCHNER

Fete Derby with Downs' Official Mint Julep Cake

There will be a new entry at Churchill Downs this Derby Day, but it won't be on the track.

The menu in the Eclipse dining room now includes the Official Churchill Downs Mint Julep Cake, a one-layer dense chocolate cake devised by Louisville baker Sandy Pike.

The cake is flavored with bourbon, "a hint of mint," loaded with walnuts and pecans and topped with a bourbon ganache (that's chocolate icing).

Pike has been selling the cakes at Derby and Christmas for the past two years through her shop, Queen of Tarts, 2702 Frankfort Ave. It's popularity has continued to grow. "A man wanted us to send them to Tokyo, but I haven't advanced that far," Pike said.

This week, the cake also will be sold at Queen of Tarts, other restaurants around town and from a cart at Oxmoor Center on Shelbyville Road.



STAFF PHOTO BY PAM SPAULDING
FOOD STYLIST ALICE COLOMBO

Cary's New York success to be repeated at Lilly's

When Louisville restaurateur Kathy Cary went to the James Beard House in New York in March, she took five coolers full of Kentucky foods and won rave reviews from the dinner guests.

Cary hopes to repeat that performance next month to celebrate the fifth birthday of her Highlands restaurant, Lilly's. She'll re-create all eight courses served at the Beard house.

The appetizer course alone will offer a selection of six items. Among them will be Cary's famous chutney-bacon toasts and Kentucky ham with Stilton cheese on croûtons. The meal will move on through salad topped with Indiana goat cheese, grilled Kentucky free-range chicken, shrimp served with grits cakes and rabbit tenderloin. The dessert course will feature three selections, plus ice cream.

The \$75-per-person meal will include wine with each course (but not tax or gratuity).

The re-created menu will be served May 13, 14 and 15. There will be two seatings each evening, at 6 and 9. For reservations or details, call the restaurant at (502) 451-0447.

Cary also owns a carryout service, La Peche.

Vegetarian guru to speak

John Robbins, former host to the Baskin Robbins ice cream empire, has become the guru of the ecological

'Elegant simplicity' guides Camille Glenn's tastes



STAFF PHOTO BY LARRY SPITZER

Food writer Camille Glenn among an array of edible herbs, and their blossoms, at a New Albany greenhouse.

Doyenne of Dining

By SARAH FRITSCHNER
Food Editor

FOR DECADES of Derbies, Kentucky cooks have turned to their Camille Glenn recipes to help show visitors how wonderful life in Kentucky can be in the spring.

The recipes might have been clipped from her monthly columns for The Courier-Journal, or from The Louisville Times, where she started as a food columnist in 1958.

Perhaps they come from one of the two fund-raising books she wrote for the Greater Louisville Fund for the Arts, or from old mimeographed recipes she handed out to her cooking students during the early '50s, or from her 1986 book "The Heritage of Southern Cooking" (Workman).

Camille's recipes are everywhere, because Camille has been everywhere, catering, writing recipes, teaching, cooking until she falls into bed at night. She's certainly the doyenne of Louisville cuisine, and an honorable spokeswoman for Southern cuisine, which many fear is gasping its last before being blotted out by Big Macs and microwaves. Not with Camille's help, however.

CAMILLE HAMBY was a slight woman with large, wide eyes who grew up in the Western Kentucky town of Dawson Springs, on the Illinois Central railroad line that connected Chicago with New Orleans. She says it was her grandfather who first tested the springwater in town and claimed it was as restorative as

Here is one of Camille Glenn's favorites, a little magic from "The Heritage of Southern Cooking."

Asparagus soup

- 2 1/2 pounds fresh asparagus
- 2 cups milk
- 6 tablespoons butter
- 1/4 cup all-purpose flour
- 1 cup dry white wine
- 1/4 cup chopped fresh tarragon or 1 1/2 tablespoons dried
- Salt and freshly ground white pepper to taste
- 3 cups fat-free chicken or veal stock or as needed
- Chopped fresh tarragon for garnish

Wash the asparagus. Remove the tips and drop them into boiling salted water to cook until barely tender, 3 to 4 minutes. Drain and set aside.

Remove and discard the tough ends of the asparagus stalks. Peel the tender stalks and cut each into 2 pieces. Drop the stalks into boiling salted water and cook until just tender but still crisp and bright green, 5 to 7 minutes. Drain. Purée the stalks in the blender with 1 cup of the milk.

Melt the butter in a large, heavy Dutch oven over low heat. Add the flour and stir until perfectly smooth.

MORE
RECIPES
INSIDE

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Words to the wise
from Camille Glenn

DERBY

Today's Great Stakes

The Golden Gate Stakes, a symbol of rivalry, will play a motivational role in the Kentucky Derby.

Last year, a nemesis, the race and the tie. The Belle Meade record at 14-1.

The paddock 4:45 p.m. today. Memorial Bridge racing at 5.

A Knight

If you're in downtown Louisville, think about the boats chugging.

Gladys Knight tomorrow's Pegasus Parade concert at 7 p.m. Plaza-Belvedere.

The concert Williamson's which in years Sunday before.

To go with first go

Today is the Marlboro at the Derby. Waterfront Plaza Bingham Way.

A moving thunder of white-water your face and the west.

The eight-adventure is from 11 a.m.

The exhibit Production Stage designers for "Phantom of the Miserables."

Exhibit admission free with a 19.

Derby eve

By KAREN S. Staff Writer

9:15 a.m.

Bottle of Louisville cruise at 9:45 beverage. No Kingfish Restaurant.

11:30 — At Churchill Downs Central Ave. Advertising Information.

11:30 — P. Standard County Brownsboro R. Philip Morris public; for more Karen Leahy.

Continued from Page C1

the waters in Wiesbaden, Germany. He opened the town's first spa hotel — Hamby House — where guests would arrive by train with their trunks, sometimes with their horses, and stay for weeks at a time.

"They drank the water and rested. Whatever was wrong with them, they thought the water would cure it," says Camille. Though the rest probably helped them more than the water, she says, "the Hamby water was awfully good."

Camille learned her appreciation for food at Hamby House. Her mother, Ida, managed the kitchen and cooked nearly every day for the vacationers and the "drummers" — salesmen who traveled to small towns to peddle their wares. The family loved good food and discussed it constantly, so that little Camille was more interested in dinner than in the piano her mother implored her to practice.

"The stove is my instrument," says Camille.

After working her way through Hamilton College in Lexington, Ky., Camille married Dawson Springs resident Martin Glenn in 1930. Though it had been just a few months since the stock market crash, the town had been suffering its own depression; for several years, automobiles and airplanes had turned vacationers into tourists, and the spas declined.

The Glenns lived briefly in Lexington, then moved to Washington, D.C., three years before World War II. Camille learned about cooking with fresh herbs from a woman responsible for starting the National Cathedral herb garden. She also developed a taste for Chesapeake Bay seafood.

When Martin Glenn went overseas with the Army, Camille took her two daughters to an Army base in Fort Lauderdale, Fla. "Dawson Springs was dead," she says. "Mother fought it to the end, but I thought at least we'd have fresh fruit and vegetables, and the children could swim in the ocean."

Her mother thought she couldn't manage on her own, but Camille managed very well. She volunteered to deliver children to a private school and thus was able to fill her car with gasoline — in short supply to most civilians. And though beef was rationed, they lived well on fresh produce and fish.

After the war they settled in Louisville, where Martin established himself as a lawyer, and they bought a house in the Cherokee Park area. Camille started catering, beginning as favors to friends — she liked to cook and had the equipment. Most kitchens were ill-equipped then, and many women had not adjusted to the decline in domestic help. Soon she began to make money from it, and she took a job as the regular caterer at Highland Presbyterian Church near her home.

One night they cleared 400 people through the dinner line in 20 minutes. "It was not an elaborate dinner," she says. "It was an absolutely divine ham sandwich I devised." She mixed Dijon mustard, mayonnaise and sour cream and spread it on buns, filled them with ham and wrapped them in foil. A hole was punctured in the foil and the sandwiches were heated for 20 minutes in the oven and served with slices of Sara Lee apple pie and vanilla ice cream sprinkled with cinnamon.

SIMPLE AS IT SEEMS, the word is a metaphor for her living style. Camille says she prefers "elegant simplicity" — her stately red brick home is set off beautifully in the spring by white tulips against a backdrop of white azaleas. She speaks simply, too like a teacher, with clear phrases that she often repeats verbatim, changing the emphasis on the words the second time so that it reiterates the point without sounding like the same sentence.

"I don't think everybody has to be a cook. I don't think that everybody has to be a cook. I do think it lends a feeling of warmth and a feeling of affection and a feeling of love, even, to gather around a good table."

It's her simple words and her inclination that keep this student and listener riveted to every opinion she utters, and there are plenty. "I don't think any cheesecake is good with liqueur," she says. "There's a time to use liqueurs, and there's a time not to. Old-fashioned desserts is time not to."

"She's the best teacher I've ever gone to, without question," says New Albany librarian Janet Ellegate, who has taken lessons with several teachers, including famed author Richard Olney.

Camille was an enthusiastic student, too. A copious reader, she learned from food writers in *The New York Times* and by combing the shelves of the public library for books on herbs and cooking, practicing what she learned. Later she traveled to New York to attend Dione Lucas' cooking school, following that with a trip to the Cordon Bleu in Paris. In the early '70s she attended a school in the Napa Valley taught by French restaurateur Jean Troisgros.

THE PRACTICE, the reading, the learning, the teaching have honed Camille's skills and her reputation. Her students concur on her strengths: Camille has a faultless palate, a clear teaching style, an uncanny knack for combining flavors, extreme skill at devising menus and unequivocal standards.

Judy Chapman took her first lesson with Camille 14 years ago and has been working with her ever since, although Camille has long since retired from teaching. "She enjoys eating good food and does not tolerate bad food," Chapman says. "She's never had a McDonald's french fry. I think that's interesting. For three meals a day she comes up with it. Sometimes it's cheese, but it's never ordinary cheese. I know good food, but that doesn't mean I don't settle for less." Camille never settles for less.

Even now, at 83, Camille is reading new cookbooks and culinary magazines. She continues to experiment, creating a new orange preserve to serve with chicken salad or ham.

She continues to cook, turning out new pecan cookies for an Easter dinner article in *Food & Wine* magazine. When her daughters visit (Lisa from New York and Camille from Connecticut), they ask her to re-create old favorites: fried chicken with buttermilk biscuits, pot roast and vegetable soup.

Whatever she cooks, she has her taste buds poised to adapt it or change it. She takes a bite of chicken salad, and you can see her listening to her mouth — she reaches for salt, adds a dab of dressing.

Whatever she makes, "It always tastes wonderful in that kitchen," says Chapman. "And then I go home and try it, and it's not the same."

"I always tease her that there's magic in that kitchen."

Here are more of Camille Glenn's favorites from "The Heritage of Southern Cooking."

Barbara Fritchle pie (a chess pie)

Pastry:
1 1/2 cups flour
3/4 teaspoon salt
1/2 cup chilled vegetable shortening
3 to 5 tablespoons ice water
Filling:
3/4 cup light brown sugar
3/4 cup granulated sugar
4 tablespoons butter, cut into pieces
2 large eggs, separated
1/2 cup heavy or whipping cream
Pinch of salt
1 teaspoon vanilla extract or cognac vanilla

Pastry: Sift the flour and salt together in a mixing bowl. Cut the vegetable shortening into the flour with a pastry blender until the mixture resembles coarse meal.

Sprinkle on the ice water a little at a time, blending it quickly into the dough by gathering up the mixture, working it lightly with your fingers, then squeezing it together. Form the dough into a ball.

Roll it out on a lightly floured surface or pastry cloth so that it will fit the bottom and up the sides of a 9-inch pie plate. (Or, if desired, wrap the dough in foil and refrigerate it until you are ready to use it; but rolling it out at once is easier.)

As soon as it has been rolled out, fit the bottom crust into the pie pan. Then it can be covered and refrigerated or frozen.

Filling: Preheat the oven to 425 degrees.

Cream the sugars and butter thoroughly in the large bowl of an

electric mixer until well blended. Add the egg yolks and continue beating until the mixture turns a bit lighter and is smooth. Add the cream, salt and vanilla and mix with a spoon or spatula. (The cream must not be whipped.)

Beat the egg whites with clean beaters until they are stiff but not dry and grainy. Gently fold them into the sugar mixture. Spoon the filling into the pie shell, place it on the lower shelf of the oven and bake for 15 minutes. Lower the heat to 375 and bake until a knife inserted into the filling comes out clean, 20 to 25 minutes longer. Cool before serving.

Makes 1 pie.

There are several paragraphs devoted to cognac vanilla in "The Heritage of Southern Cooking." The discussion begins, "The best and purest vanilla extract in the world is the one that you make yourself. It is not cheap, but few things of quality are."

Cognac vanilla

1 vanilla bean
2 1/2 ounces cognac (you can substitute grain alcohol or brandy)

Cut the vanilla bean lengthwise and then crosswise in small pieces. Place these pieces in a bottle that can be closed airtight. Cover with the cognac, close tightly and store at room temperature. Shake the bottle well every few days. It will take 2 to 3 weeks for the vanilla to reach its maximum flavor. The recipe may be multiplied to create the quantity you desire.

Glenn's "Flavor to Taste" column appears each month in *The Courier Journal*. Her cookbook, "The Heritage of Southern Cooking" (Workman, 1985), is available in bookstores.

Food writer Camille Glenn among an array of edible herbs and their blossoms at a New Albany greenhouse.

STAFF PHOTO BY

Doyenne of Dining

By SARAH FRITSCHNER
Food Editor

FOR DECADES of Derbies, Kentucky cooks have turned to their Camille Glenn recipes to help show visitors how wonderful life in Kentucky can be in the spring.

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See 'ELEGANT'

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Words to the wise from Camille Glenn

- On pie pastry: "The crust is the charm and the foundation of a fine pie. All is lost if you don't have a fine crust."
- On ham: "Ham is the most versatile meat. All the fowl — chickens, pheasant — are compatible with ham. It's not compatible with duck; guinea's too strong; but with all the white meat."
- On cooking: "I think the thing that's killed cooking is lack of time. You can't just say hocus-pocus and have a good sourdough bread."
- On flavor: "Flavor is everything. If people live by that, they'll be well-nourished. These things with chemicals just don't taste good."

Here is one of Camille Glenn's favorite little magic from "The Heritage of Southern Cooking."

Asparagus soup

- 2 1/2 pounds fresh asparagus
- 2 cups milk
- 6 tablespoons butter
- 1/4 cup all-purpose flour
- 1 cup dry white wine
- 1/4 cup chopped fresh tarragon or 1 1/2 tablespoons dried
- Salt and freshly ground white pepper to taste
- 3 cups fat-free chicken or veal stock or as needed
- Chopped fresh tarragon for garnish

Wash the asparagus. Remove the tips and drop them into boiling salted water to cook until barely tender, 3 minutes. Drain and set aside.

Remove and discard the tough ends of the asparagus stalks. Peel the tender stalks and cut each into 2 pieces. Drop the stalks into boiling salted water and cook until just tender but still crisp and bright green, 5 to 7 minutes. Drain. Puree the stalks in the blender with 1 cup of the milk.

Melt the butter in a large, heavy Dutch oven over low heat. Add the flour and stir until perfectly smooth. Gradually add the remaining cup of milk. Allow the mixture to simmer a bit to rid the flour of its raw flavor, 5 minutes.

Add the white wine, asparagus puree, tarragon and salt and pepper to taste. Mix well and simmer for the flavors to develop, about 5 minutes or so.

Add stock until the soup is the desired thickness. Simmer a few minutes more, but do not allow the soup to (the acid in the asparagus will cause it to curdle).

When the soup is sufficiently flavored with the tarragon, strain it to remove the tarragon, and return the soup to the Dutch oven. Drop the asparagus tips into the hot soup and allow them to heat through. Garnish with chopped fresh tarragon — lots of it.

MORE
RECIPES
INSIDE

Derby spirits

Idea for parade just the tonic for festival

By MICHAEL QUINLAN
Staff Writer

The intoxicating celebration known as the Kentucky Derby Festival was born in 1955 at the bottom of a gin and tonic in the Brown Hotel.

The fellow doing the drinking was Basil Caummisar, The Courier-Journal's promotions manager. Caummisar's spirits were down. He'd pitched the idea of a Kentucky Derby parade to the city's heavy hitters — politicians, businessmen and even his own bosses — and they'd all fouled it off.

Caummisar and a few other dreamers believed a parade would give Louisvillians — most

of whom couldn't wangle seats at Churchill Downs — a taste of Derby fun. The best way to drum up support from the movers and shakers, Caummisar figured, was to sell it as a boost to the economy — an attraction that would draw Derby visitors to Louisville's hotels, restaurant and bars a few days early.

Those establishments had suffered with the coming of airlines. It was no longer fashionable for Derby fans to arrive by train and spend the week. Instead, they flew in on Friday and left by Sunday.

But financial salvation in a

See FESTIVAL

Page 10, col. 1, this section.

KENTUCKY DERBY APRIL 23, 1993 FESTIVAL FACTS



◆ The record number of featured speakers at a "They're Off!" Luncheon came in 1975. John Sherman Cooper,

A. B. "Happy" Chandler, Colonel Harland Sanders and Adolph Rupp talked so long it was almost supper time when the lunch ended.

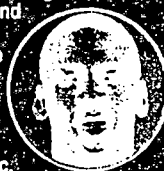
◆ You could challenge Michael Jordan and the Bulls with the players who have dribbled and dunked in the McDonald's Kentucky Derby Basketball Classic.

How's this for a starting lineup: Moses Malone, center; Pervis Ellison, power forward; Dominique Wilkins, small forward; Darrell Griffith, shooting guard; Isiah Thomas, point guard?

◆ The Philip Morris Festival of Stars has featured some supernovas — Patsy Cline and Willie Nelson — some dimmer lights — Louise Mandrell and Sylvia — and perhaps the most dazzling shooting star of them all — Elvis Presley. The King performed at the very first show in 1958 at the Rialto Theatre.

◆ On Derby Eve 1980, the Chow Wagon had to close five hours early because it ran out of chow. Since 1988, three Chow Wagons have served up the victuals.

◆ The Great Balloon Race got off to an inauspicious start in its first



year. One landed in a swamp. Horses and cattle, startled by the balloons, stampeded through fences. One calf was killed and two were lost.

◆ Parades were held the week before the Derby in 1936 and 1937, but they were known simply as the Derby Festival Parades. The first Pegasus Parade, in 1958, featured 30 floats.

◆ The John Birch Society's float was banned from the Pegasus Parade in 1967, but that didn't appease civil-rights leaders who threatened to disrupt the event if the Louisville Board of Aldermen didn't pass an open-housing ordinance. Festival officials canceled the parade — whose theme, "Great Moments in American History," was carried over to the next year.

◆ The Great Steamboat Race has been canceled only three times in 29 years. High water called it off in 1967.

The Delta Queen arrived too late to race in 1971 and 1980, and the Belle won by default. In 1983 the race was postponed until June because of high water.

◆ In 1957, identical twins entered the Derby Week Beauty Pageant.

◆ The first miniMarathon, in 1974, drew 300 runners, including the mayor, Harvey Sloane, who finished 84th. This year more than 5,000 runners are expected, including Mayor Jerry Abramson.

◆ The Kentucky Derby Festival Inc. — which does not use any public money — lost \$15,000 in



A10 THE COURIER-JOURNAL, FRIDAY, APRIL 23, 1993

FESTIVAL

Continued from Page One

parade? Seriously now, Basil, call on us again when you have a really good idea.

"I got plastered that night," said Caummisar, 77. "When I got home my wife told me that if I was going to worry about it that much, I should go ahead and do it myself."

The next day Caummisar called three friends who would help him organize the 1956 parade. It was the event that laid the foundation for one of the biggest success stories in Louisville and, indeed, the country.

From a humble beginning — the first year featured only two events, a parade and a Fillies Ball, and cost \$640 — the festival has blossomed into a monthlong, 75-event affair that boasts a \$3 million budget, generates \$35 million for the local economy and enchants and ultimately exhausts the community.

"It has become Louisville's second Christmas season," said Dan Mangeot, the head of the festival since 1979. "And the beauty of it is that there's no public money involved."

To fully appreciate the festival's metamorphosis, you need to go back to its bare-bones beginning and the efforts of Caummisar and his three friends — Earl Ruby, *The Courier-Journal's* sports editor; Ray Wimberg, a restaurant equipment supplier; and Addison McGhee, Brown-Forman Corp.'s public-relations manager.

The foursome's effort to raise money for the parade was met by resentment — "Churchill Downs opposed it," said Ruby, 90. "They thought it would take interest away from the Derby." And he said it was met by amusement — "The managing editor of *The Courier-Journal* laughed at it and refused to promote it."

Ruby, however, was allowed to champion the cause in his column. "Every bit of information the public got on the parade came from my column," Ruby said. "It was the only coverage we got."

Downtown businesses refused to contribute, saying that a parade would hurt sales. Caummisar pitched in \$100 of his own money and "got nickels and dimes from people we knew."

McGhee came up with the name for the Pegasus Parade. "Nobody liked it but it stuck," said Ruby, who also allowed that, with just 30 floats, it wasn't much that first year.

The next year the festival's Derby Princess contest was expanded statewide — a move that nearly proved disastrous. Travel and other



STAFF PHOTO BY LARRY SPITZER

Basil Caummisar's idea for a Kentucky Derby parade got a cold shoulder from officials, Churchill Downs and downtown businesses.

expenses put the festival \$15,000 in debt. There was talk of canceling it, but belts were tightened, and in the coming years the festival started gaining support, bolstered primarily by WAVE-TV's decision to broadcast the parade.

With success came volunteers. "We gradually picked up people who believed in it," Ruby said.

The parade kept marching along during the '60s, attracting television stars like Raymond Burr and Michael Landon as grand marshals. In 1963, the festival launched the Great Steamboat Race, which would soon rival the parade in popularity.

But in 1967, the parade and other festival events were canceled when civil-rights leaders threatened to disrupt them.

Caummisar said it was no coincidence that the next year's parade featured its first black grand marshal — Louisville's Jimmy Ellis, fresh off his heavyweight championship bout.

In 1971, the festival took a leap

Guthrie, who now runs his own public-relations firm, came up with the festival's top marketing and money-making device — the Pegasus Pin. Sales of the \$1 pins — about 800,000 a year — account for 25 percent of the festival's budget. He also takes responsibility for the Derby Festival blazer — those bright-colored jackets speckled with dozens of tiny Pegasuses.

"People laugh, but it's accomplished its purpose — to make our people recognizable in a crowd," Guthrie said.

Which brings us to the one festival celebrity who was instantly recognizable even though he wasn't there. In 1974, Glen Campbell's flight was delayed. Unbeknownst to Guthrie a sandy-haired festival volunteer proceeded to play Campbell's role in the parade.

"The crowd is waving and yelling 'Hello Glen' and he hadn't even landed yet," Guthrie said.

The festival continues to grow under the guidance of Mangeot, who developed the festival's blastoff event — Thunder Over Louisville — in 1990, and spends April in a hotel near the festival's downtown offices instead of commuting to his home in Frankfort.

There are now 67 members on the festival's board. Each spends an average of \$1,250 on expenses — for example, insurance and gas for their cars. They serve on 100 committees that hold about 1,200 meetings a year. Assisting them are more than 4,000 volunteers.

The festival has 15 year-round, paid employees. Their salaries and office expenses account for 22 percent of the festival's budget, with the rest going for the events.

"The logistics are enormous," said Mangeot from his office command post — a walkie-talkie on his desk, the television tuned to the weather channel. "We must have had 50,000 radio transmissions on our system during Thunder. It will take 500 volunteers to do the mini."

And even the smallest detail can be a killer.

"One year one of the steamboats wouldn't let passengers on unless their tickets were punched and we couldn't find a hole puncher," Mangeot said. "Because of the loss of a hole puncher, the world's greatest steamboat race came to a halt."

COURIER JOURNAL APRIL 25, 1993

APRIL 25

Amelia Payne, who has been making hats since 1930, wore one of her creations to Easter service at First Virginia Avenue Baptist Church.

From fancy toppers to caps, chapeaus are back on top

By LISA FAYE KAPLAN
Gannett News Service

You knew it when you saw Hillary Rodham Clinton wearing a wide-brim royal blue hat at the presidential inauguration.

Then there was a People magazine layout with Christie Brinkley, Cindy Crawford, Susan Sarandon and Madonna wearing berets.

And of course, the sports cap is ubiquitous.

In fact, a baseball cap — from the Arkansas Razorbacks aircraft carrier U.S.S. Theodore Roosevelt or "48 HOURS" — is a regular informal fashion accessory for Hillary's husband, Bill.

After years in the fashion doldrums, hats are finally regaining their top position in the accessory world.

"It's been a slow and steady comeback," says Ellen Goldstein of the Fashion Institute of Technology in New York. "The millinery industry, which for the last 15 or 20 years has been defunct, is now very prosperous."

In 1992, retail sales for women's hats in the United States reached \$587 million, up from \$457 million in 1990.

"The major reason is young women want to express themselves; they don't want to be part of the woodwork," says Casey Bush, executive director of the Millinery Information Bureau in New York City. "Hats have such a full range, from the little cap all the way to an elegant, outrageous hat."

In the Louisville area, hats make their biggest splash around Derby, of course.

"Hats are always very strong this time of year," says Jamie Broome, vice president of SHE, a Louisville women's clothing store. "Many women who do not wear hats on a regular basis feel their Derby outfit is not complete without a hat."

Some fashion watchdogs say more hats than ever are being purchased for Derby events. Judy A. Prizant, owner of Karen, of Course, says that women who had forgone a Derby hat in previous years are purchasing them to wear to the races and Derby social events.

Demand is so high, she has placed emergency orders to replenish her supply. "I'm also finding that for the first time people are buying hats for other than Derby."

"They're really coming back," says Joann Jones, owner of House of Hats in St. Matthews. "Women ask me where else they can wear them."

Hats also are covering male heads. The American Apparel Manufacturers Association in Arlington, Va., reports

that retail sales of men's hats topped \$636 million in 1990, up from 1988's \$623 million.

Caps have become "what the T-shirt was in the late 1960s," says Richard Martin, curator of the Costume Institute of the Metropolitan Museum of Art in Manhattan. "It's become a sign of uniformity and at the same time of individual expression. If you can wear a hat in such casual circumstances, there may be a reason to wear a hat in a more ceremonial way."

Through the ages, people wore hats and headdresses to indicate rank and prestige.

In the 1920s, says Martin, flappers tossed off their hats, along with their girdles, as a symbol of liberation. Head wear, however, returned full force in the 1930s and continued to be de rigueur for well-dressed men and women until 1960, when President John F. Kennedy affected the bareheaded look, and men across the nation took the cue and took off their hats. Women, however, continued to copy Jacqueline Kennedy's inaugural fashion and wore the Halston pillbox hat through the mid-1960s.

The wholesale return of everyday hats began in a small way seven years ago when women started to fasten bows in their hair, says hat designer Eric Javits of New York City.

Today, berets, crushables, straws, wide-brim and small-brim hats grace heads throughout the country.

"We associate the hat with femininity," says Martin, who contends that women now want to assert their femininity, at least when it comes to fashion.

FASHION

NewsBank, inc. - The Courier-Journal - 1996 - Article with Citation

Headline: SOUTHERN HOSPITALITY

These icy desserts should make the winner's circle

Date: May 1, 1996

Section: FOOD

Page: 1C

Length: 791

Author: CAMILLE GLENN STAFF

Text:

THE SUN is shining bright - the air is crisp - and the horses are prancing in their stalls ready to run for the roses. It is Kentucky's big day! People all over the world will be watching. We must not let them down.

For our visitors who have come for the Kentucky Derby on Saturday, we must have country ham with all the trimmings and bibb lettuce, of course. And for a glamorous and delicious dessert, let's have frozen vanilla souffl with a choice of fruit sauces, or a refreshing dish of Kentucky mint julep ice cream.

Then a small brandy glass of Cointreau with a demitasse to quiet us from the excitement of the day. It's all part of our renowned Southern hospitality.

Frozen vanilla souffl

This souffl is a rich and delicious vanilla ice cream that does not have to be turned and can be made in advance.

1 1/4 cups sugar

8 egg yolks

2 cups milk

Tiny pinch salt

2 teaspoons pure vanilla or cognac vanilla

3 cups heavy cream

1 to 1 1/2 tablespoons cognac or brandy

Combine sugar and egg yolks and beat with an electric mixer until the mixture has turned to a lighter shade of yellow and falls in ribbons when poured from a wooden spoon.

Add milk and mix thoroughly. Cook over medium heat, stirring constantly until the mixture lightly coats a wooden spoon. Remove from heat at once and immediately pour into a stainless-steel bowl. Stir in salt and vanilla. Refrigerate until cold. (To speed things up, the custard may be poured into a shallow baking dish or shallow plastic containers and placed in the freezer for a short while to become cold.)

Blend the cream and the cognac into the custard.

Tie a foil collar around a 1-quart souffl dish, extending it 3 inches above the rim of the dish. Brush collar with oil so it will peel off easily.

Spoon the mixture into the souffl dish up to the top of the rim of the dish. Place souffl in the freezer. Cover the remaining mixture and place in the refrigerator.

When the souffl has frozen until rather firm (3 to 4 hours), spoon the remaining mixture on top. Allow to freeze overnight or for 6 to 8 hours, or until frozen hard.

To serve, remove the foil collar. If desired, sprinkle the top with sieved cocoa to simulate the browned top of a souffl.

Serve plain or with strawberries or raspberries.

Serves 6 to 8.

Note: This souffl may be covered and frozen in a bowl, then spooned into sherbet glasses and garnished with the sauce of your choice.

Fresh pineapple sauce

1 large ripe pineapple

1 1/2 cups sugar

Lemon juice, to taste

Prepare the pineapple as you would any fruit dessert. Cut into cubes and pure in a processor. You should have 2 cups of pineapple pure. Add the sugar and process for several minutes for the sugar to melt. Taste. Add lemon juice. Taste again. Add more sugar if needed since fresh fruit varies in sweetness.

Makes about 1 1/4 cups.

Serve over vanilla ice cream or in parfaits.

Store in a closed jar in the refrigerator. Will keep for a few days.

Raspberry sauce

2 cups fresh or frozen raspberries

3 to 6 tablespoons sugar

1 teaspoon lemon juice

Pure the raspberries with the sugar and lemon juice in a processor or blender.

Makes about 1 1/2 cups.

Serve over ice cream, cake, puddings, Charlottes or Bavarians.

Note: For variations, add 1 to 2 tablespoons raspberry eau de vie (Framboise) or use fresh or frozen strawberries instead of raspberries.

Kentucky mint julep

ice cream

This classic vanilla ice cream was adapted for the Derby by Assistant Food Editor Alice Colombo. It's sure to become a winner.

3/4 cup sugar

1/4 teaspoon salt

4 cups heavy whipping cream

1 teaspoon peppermint extract

1/4 cup Kentucky bourbon

In a large stainless steel bowl, combine sugar, salt and whipping cream. Stir mixture until sugar dissolves. Add peppermint extract and bourbon. Mix well. Chill before freezing. If available, freeze in mechanical freezer according to manufacturer's directions, or place in freezer compartment of refrigerator.

Makes 5 to 6 cups.

Camille Glenn has taught cooking in Louisville for 30 years. She is the author of three cookbooks, including ``The Heritage of Southern Cooking.'' Her column runs the first Wednesday of each month.

Frozen vanilla souffl with a choice of fruit sauces makes an elegant dessert for Kentucky Derby guests.

Graphic:

STAFF COLOR PHOTO BY PAM SPAULDING / ALICE COLOMBO, FOOD STYLIST

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The Courier-Journal guide to saving,
spending and investing your money wisely

SAVVY

EDITOR: JUDY ROSENFIELD. PHONE: 582-4221 / FAX: 582-4360.

Monday, April 22, 1996

Section C

DERBY BOXES (the kind you eat)

Festive food-to-go
can be a winner,
even if you're not
headed for the track

By DEANA NELSON, SAVVY SHOPPER

YOUR BROTHER in New Jersey just called. He's bringing a few friends to town for the Derby. Not too many — six or seven at the most.

You and your pals have top-notch seats for next Thursday's parade. You'd like the food to be special — only no one has time to cook.

Everyone looks forward to your Oaks Day luncheon. But with a broken arm, you're panicking. Cold cuts? Store-bought lemonade?

Why gamble?

If you hurry, a wide range of area caterers and restaurants can save your party, sanity and reputation.

Would your crowd be happy with grilled salmon and fresh asparagus? How about smoked portobello mushrooms with red peppers and mozzarella? Fried chicken?

Box lunches can be basic palate-pleasing sandwiches or elaborate multicourse meals, with prices ranging from less than \$5 to more than \$30.

Many are available throughout Derby Week — not just Saturday — to make a TV-watching boat race, parade or Derby party more festive.

Some places will even deliver. Just pay attention to deadlines: You may need to get your order in by early next week.

SOME RESTAURANTS, like the Seelbach's Oakroom, are committed to offering box lunches, but the chefs are still contemplating menu and price options. Masterson's (1830 S. Third St.) is offering customized box lunches. Anything on the

menu is available, and packaging is available in four options, from the \$5 basic box to a \$30-\$40 wicker-basket presentation.

Jay's Cafeteria (1812 W. Muhammad Ali Blvd.) is forgoing the box lunch altogether in favor of a concession stand at the Downs' entrance, featuring fried chicken and biscuits.

Mike Linnig's Place (9308 Cane Run Road) doesn't offer box lunches, but loyal customers have been known to pick up large amounts of cole slaw, turtle soup and rolled oysters for Derby-related parties.

Here is a sampling of area eateries offering Derby-Week box lunches. Call your favorite restaurant to see if it offers a portable version of your favorite dish.

Safe bets: under \$10

No Time to Cook-Gourmet to Go, 2232 Bardstown Road, 458-0344.
\$3.75-\$4.50 apiece.

Panicky procrastinators have a friend in owner Nancy Goldsmith. She said 30 minutes is enough notice to put together a box-lunch order.

"Around Derby, nobody knows what they're going to do days ahead," she said.

The modestly priced boxes (\$3.75 to \$4.50 apiece) can include such selections as chicken-tuna salad; benedictine and bacon; pimento cheese; ham, turkey and roast beef sandwiches; grilled chicken with melted brie; chicken fajita in pita; or a steak sandwich with grilled peppers, onions and cheese.

Free delivery is available for 10 or more orders.

STAFF PHOTOS
BY JAMES WALLACE

Prices for boxed meals range from less than \$5 to more than \$30. For \$13.50, T. Clare's, top right, contains a goat-cheese and bell-pepper sandwich, fresh fruit and a chocolate brownie. For \$6 more, it can come packaged in a reusable cotton tote. The \$10 box from Upper Crust, at bottom, has beef tenderloin sandwiches, pasta salad, fresh fruit and assorted cookies.

Dooley's Bagelcatessen, 980 Breckenridge Lane, 899-7974; 216 N. Hurstbourne Parkway, 394-0021; 400 S. Fourth Ave., 582-2135.

\$4.99 per person.
Planning an Oaks-Day brunch on a budget?

This frugal-minded box lunch includes a turkey and Swiss, ham and American cheese or vegetarian bagel sandwich, tri-color pasta salad, chips and cookies. You don't need to call ahead; each location opens at 7 a.m. Derby Day.

Sweet 'n' Savory, 318 Wallace Ave., 894-4465.

\$5.25-\$6.25 per person.

See DERBY

Page 2, col. 1, this section



Any food is festive if you decorate bags or boxes. The brightly colored jockey forms on the black bag were cut from plastic tape (\$1.39 to \$2.19 per roll). The fake rose (\$1.49) and ribbon were attached to the white bag with E6000 heavy-duty glue (about \$4 at craft stores). Marbleized adhesive paper and plastic tape cover the shoe box. The designer: Courier-Journal assistant food editor Alice Colombo.

Derby boxes

Continued from Page G1

The best tradition on home-made french bread and roasted turkey sandwiches are among the more affordable Derby Week offerings. Special Derby Week sandwiches are available at all participating restaurants. Call to see if the staff can make your favorite club or pizza ready for Derby.

Salad lovers will find fruit and pasta or large Greek salad with fruit and herb homemade breads. Box lunches start at \$5.25, salad range from \$1.50 to \$6.25.

Delivery is available for orders of \$25 or more. Order by May 1. Trudeaux, 2420 S. Fourth St., 383-3891.

\$17.95 per person.
Sandwich choices run from egg salad or ham and Swiss on rye to turkey bacon croissants or chicken on any bread you like. Choose potato or pasta salad as a side dish. Pickles and chives are taken just from the brownies or granola bars of desserts.

Are you a fitness fan? For a traditional Southern meal, Trudeaux is ready with a three-piece fried chicken box lunch, including slow baked beans and a brownie. Wash it down with a tall glass of iced tea. \$23.50 a gallon.

Delivery is available for \$15. If you're ordering only a few, save the extra expense and pick them up.

Owner Truman Lawrence is not setting a deadline for orders. "We're prepared for anything."
J.P. Kayrouz, 130 St. Matthews Ave., 297-9300.
\$6.95-\$9.95 each.

The sandwiches at J.P. Kayrouz are not for the faint of heart. Each ham, beef or turkey sandwich contains a quarter pound of meat. Box lunches come with chips, apples and chocolate-chip cookies. Club sandwiches, corned beef and other options are available, and your box can be customized. No deadline to order has been set yet.

Can't find the time to pick up your boxes? Kayrouz will deliver any order of 12 lunches or more.

Stevens and Stevens, 1114 Bardstown Road, 584-3354.
\$8.95 per person.

An \$8.95 Derby box lunch features a grilled chicken breast with herbs on homemade wheat bread, a salad with bow tie pasta and sundried tomatoes, goat cheese, fresh basil and secret dressing, fresh fruit and chocolate chess bars for dessert.

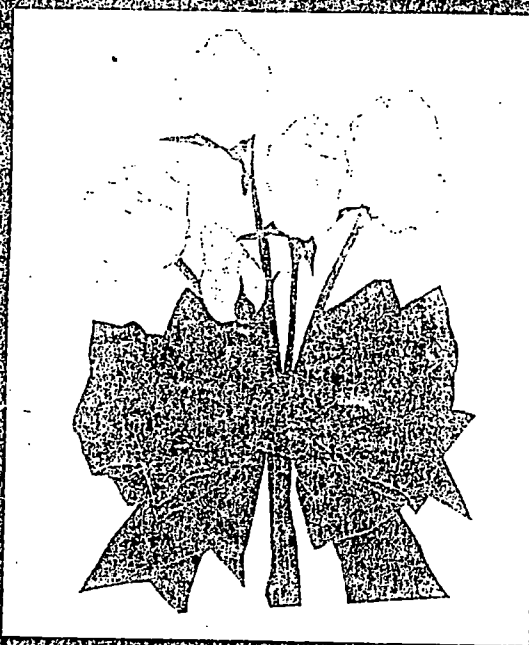
You can pick up your box lunches on the way to the Downs. The deli, catessen opens at 9 a.m. both Oaks and Derby day.

Daily Doubles: \$10-\$15

Glass Onion Gourmet, 2017 Brownsboro Road, 893-8999.
\$10 per person.

Owner Chris Erskine takes the no-muss, no-fuss approach to Derby snacking. His Derby box coolers feed six (the number of people a Churchill Downs box holds) and offer minimal packaging.

An ice pack keeps soft drinks and mineral water cold at the bottom of the cooler. Above are smoked chick-



You can cut out greeting card images to decorate homemade box lunches and bags, such as this "Run for the Roses" design.

en salad on wheat/ham and Swiss on light rye and roast beef on Vienna bread, all packaged in halves. Pasta salad, chips and utensils round out the \$60 package.

No ordering deadline is set, but you may want to hurry. If you wait until Derby Week, you may hear "Sorry, all booked up."

Upper Crust, 1914 Bardstown Road, 456-4144.
\$10 a piece.

Owner Mary Francis Pack emphasizes that her box lunches are very compact, very easy to eat. The three feet tenderloin sandwiches included are small enough to be easily handled while you cheer your fill to the finish. The box also includes asparagus pasta salad, fresh fruit and cookies. A chicken sandwich is also available.

Vegetarians can special-order sprout plus sandwiches.

Try to get your order in by April 29.

O'Callaghan's, 1006 Barret Ave., 459-4742.

\$10 and up per person.

Picnic baskets are a specialty at O'Callaghan's, said owner Susan Elder.

Her baskets and individual boxes come with such offerings as beef tenderloin sandwiches, country ham on orange muffins, fruit and pasta salads, tabouli (a Middle Eastern grain similar to couscous), chutneys, pâtés, asparagus roll-ups (asparagus and country ham rolled in bread), oven-baked chicken, vegetable sandwiches and assorted desserts, such as chocolate truffles, lemon and cherry tarts, and brownies.

The box itself may be the most Derby-inspired of the bunch—decorated with bows and pictures of horses.

There's no hard and fast deadline for orders, but Elder requests that they be made by May 1. No delivery.

T. Clark's, 2013 Longest Ave., 458-6767.

\$13.30 per person and up.

While food is nourishment for the body, the folks at T. Clark's think the presentation should be a feast for the eyes. Imagine a wicker snack basket filled with peach salad, white cheddar pimento cheese, smoked shrimp with avocado salsa, French bread and benedictine. The feast can feed several people. The price: \$32.50.

Individual box lunches are \$13.50. Vegetarians have two choices here: goat cheese with red and yellow peppers and spinach, or knoked portobello mushrooms with red peppers, spinach and mozzarella.

Carnivores are accommodated, too, with herb-roasted turkey breast sandwiches.

All lunches come with cole slaw, fresh fruit and assorted desserts (the chocolate brownie can feed two).

If a plain white box bores you, T. Clark's offers packaging options. For

office every day. A wicker basket is also available for \$11 extra.

There's no deadline for orders.

Serenity Catering, 240 N. Adams St., 583-1282.

\$13.95 per person.

What's on the menu?

Serenity Catering? The \$13.95 box lunch includes beef tenderloin on croissants, fresh marinated asparagus salad, French dill potato salad, fruit and cheese snacks, and the dessert that screams Kentucky: bourbon balls.

Deadline: April 26. Boxes must be picked up before Derby Day.

Triple crown at over \$15

La Pêche, 1147 Bardstown Road, 431-0377; Holiday Market Shopping Center, 339-7593.

About \$16 per person.

Impress your guests with grilled salmon, fresh asparagus and tomato, onion herb bread. Finish your meal with a dessert of fresh berries. Or how about grilled chicken with calum pasta? Beef tenderloin with new potato salad on the side?

Planning a steamboat race party around the television? Cheer the Belle of Louisville while munching chicken liver pâté, cheddar pecan spread, shrimp spread and assorted fruit. It's all included in La Pêche's Derby snack basket (\$25), which feeds four to six.

April 30 is the deadline to order these or other Derby Week selections, which come with assorted cookies and utensils, and you can pick your order up at 9 a.m. Oaks or Derby Day.

Vincenzo's, 160 S. Fifth St., 680-1330.

About \$30 per person.

This elegant Italian eatery is among the many high-end restaurants in the area that make Derby Week box lunches for customers.

Your lunch might include miniature croissants stuffed with beef tenderloin cold chicken breast, asparagus, Belgian endive, wild rice, a variety of fresh fruits and cheeses, miniature desserts and mineral water.

It's according to what the customer wants, said Paula Fisher, general manager.

You can order separate boxes or a basket of goodies to feed more than one. Your order can be decorated with colored ribbons.

Deadline: April 29. Delivery available for larger orders.

Information for this story also was gathered by Staff Writer Bill Wolfe.

Have you checked out an interesting new store? Have you run into a shopping challenge that needs solving? Do you have a gift idea or shopping tip you'd like to share? Call the Savvy Shopper hot line at 682-4040.

Send us your tips, or fax numbers to

Clarity types get hooked

Continued from Page G1

South of the Ohio River, the clarity types get hooked on the Derby Week offerings. They will return to the store every day.

It doesn't work on a Derby Week. I would not take an exhibit's word for how jewelry by Clarity Shmoo.

They would not take a customer's word for a Derby Week offering. I would not take a Derby Week offering.

Clarity Shmoo is a Derby Week offering. I would not take a Derby Week offering.

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DOWNS RULES

Want to bring your stash of Snapple mint tea to the track? Forget it.

How about that bottle of Malt's Mark? No way.

When packing box meals destined for Churchill Downs, keep in mind a few ground rules.

Outside alcoholic beverages are prohibited. Buy your beer at the concession stand.

Any non-iceberating beverage is welcome, as long as it's in a plastic bottle or tin can.

No glass bottles, no exceptions.

Coolers are welcome, but

Cafe is home for Derby Fest-O-Rama

No disrespect to the Louisville Zoo, but when my family is in the mood to see purple gorillas and pigs, blue polar bears, yellow rabbits and chickens, or red cows, we visit Lynn's Paradise Cafe — where even a horse of another color (pink) is stabled.

The restaurant, at 984 Barret Ave., is noted for great food and generous portions; Lynn Winter, its ebullient owner; and, of course, a concrete jungle of colorful animals roaming the perimeter of the front parking lot as well as inside.



KEN NEUHAUSER

The outside of the building's south wall features a corn mural entitled "Kentucky Grand Slammers" —

a tribute to Muhammad Ali, basketball, the Louisville Slugger and Churchill Downs.

This weekend the menagerie of animals — kids just love to sit on them — will get quite a workout during the second annual Derby Fest-O-Rama. The outdoor, family-oriented party features live bluegrass entertainment, free espresso and cappuccino drinks from Consumers Choice Coffee, wooden-bowl carving demonstrations with artist Larry Oestreich, free ice cream and vendors selling such items as Aunt Nettie's marinades, Capriole goat cheese, Bill and Bob's Pepper Patch Hot Sauce and Louisville Stoneware merchandise.

New Grass Horizon will perform tomorrow and Sunday.

The hours are 9 a.m. to 2 p.m. today and tomorrow and 9 a.m. to 3 p.m. Sunday.

On Sunday visitors can have a free, instant photo taken with the winner of tomorrow's Kentucky Derby ... sort of. Actually, a person dressed in a horse's costume will share that Polaroid moment.

Admission to Derby Fest-O-Rama is free. Parking also is available at the cafe's new parking lot across Oak Street at the old Hasenpurr's. Outdoor dining will be available all three days.

Reservations are available for parties of eight or more. The number is (502) 583-3447. For this weekend, the restaurant's dining hours are 8 a.m. to 2:30 p.m. and 5:30 to 10 p.m. today and tomorrow and 8 a.m. to 3:30 p.m. Sunday.

Music and puppets

Bob and Marla Evans of York Harbor, Maine, perform a chil-



Bob and Marla Evans and their daughter, Cara Ruth, have traveled to many countries. They are in Louisville for several performances.

dren's show called "Just Bob and Marla." They have traveled to many countries encouraging children to be proud of their ethnic heritage. The husband-wife team delivers the message through music and puppetry.

They use various puppets to foster positive relations among people. Some of the characters portrayed by the puppets are old, young and physically challenged. Some represent different minorities. One of the songs in the program is "All My Friends Come in Colors."

The couple is in town to perform several shows. You can see them at 10:30 a.m. today at the Highlands Shelby Park Library, 1250 Bardstown Road, inside Mid City Mall; at 12:30 p.m. today at the Bon Air Regional Library, 2816 Del Rio Place; at 3 p.m. today at the Main Library, 301 York St.; and at 4:30 p.m. Monday at the Crescent Hill Library, 2762 Frankfort Ave.

The visit is sort of a homecoming for Marla (formerly Marla Levy), who was born in Louisville.

Admission is free.

'Heidi' ballet

The Kentucky Youth Dance

Ensemble hopes you'll bring your family to a post-Derby performance of the ballet "Heidi." The family classic, geared for families with children ages 3-11, will be presented at 3 p.m. Sunday at the Clifton Center, 2117 Payne St.

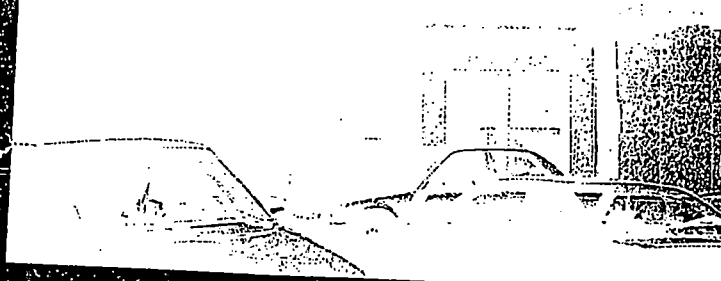
The 30-member ensemble was formed in 1995 to give area dancers (ages 10-18) an opportunity to perform in a professional atmosphere.

Tickets are \$5 per person.

In addition to the show, the public can opt for "Heidifest," a luncheon with the characters from the ballet. It will begin at 2 p.m. Sunday. The menu includes pigs in a blanket, salad, mixed vegetables, bread and apple strudel.

Tickets for the package, including show, cost \$10, with \$1 from each ticket to benefit victims of the flooding. Reservations for "Heidifest" are due by 5 p.m. tomorrow. Call (502) 327-0922.

Call Ken! Ken Neuhauser's column appears each Friday in Weekend Extra. Call him at (502) 582-4204 or send a fax to (502) 582-4665.



Wagner's Pharmacy is scheduled to close to make way for the widening of Central Avenue. PHOTOS BY MICHAEL HAYMAN, THE COURIER-JOURNAL

Pharmacy lunch counter serves final Derby Week

By NINA WALFOORT
The Courier-Journal

Bob Baffert holds his plate up to Lee Wagner to show that he hasn't finished his lunch. He ordered the Thursday special at Wagner's Pharmacy — a barbecue sandwich and potato salad — but his jumpy stomach could only handle three-quarters of it.

"A week ago I would have polished this off," Baffert, trainer of Derby contender Silver Charm, tells Wagner apologetically. "The closer it gets to the Derby the less I can eat."

On the cusp of the big race, Wagner Pharmacy is in full swing, doing the lunch thing for the last time during Derby Week. The pharmacy and its lunch counter are scheduled to close by year's end to make way for the widening of Central Avenue.

THROUGHOUT the week a steady stream of humanity — from penny-strapped grooms to multimillionaires — is crossing Fourth and Central from Churchill Downs to the classic luncheonette, seeking solace for their souls and their stomachs.

"It's like the TV show 'Cheers,'" said trainer Nick Zito. "Everybody knows your name."

"It's the most famous corner in racing," said jockey agent Don "Hee Haw" Alvey, exaggerating in the way that is customary here. "It'll be sad next year when they tear it down."

At the peak of yesterday's mid-morning rush, six waitresses bumped around behind the lunch counter, grabbed burgers and eggs off the grill, whirled blenders full of milk shakes, poured coffee, dished out one-liners — and called you by your name, if they knew your name.

THE QUARTERS are close and it's hard to mind your own business.

Did you hear that LeRoy Nelman came in yesterday and is going to do a painting of the restaurant?

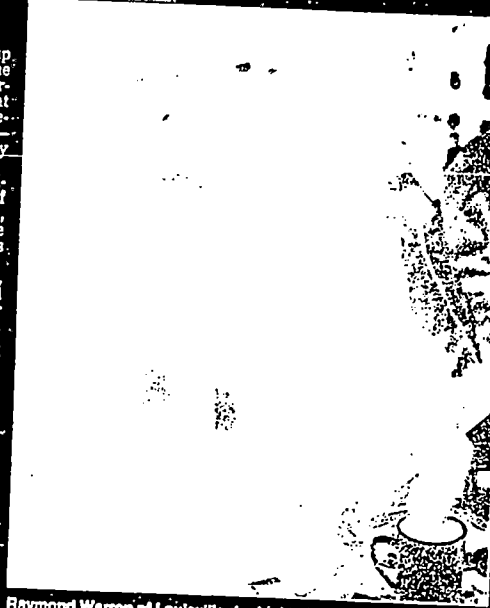
Did you see that guy get out of his car and try to punch the driver of the car in front of him? Right out front!

Did you hear the one about the guy whose lucky number was five? He had five kids, his phone number was 555-5555. He went to the Derby and the fifth horse in the fifth race was Mister Five. The guy bet \$1,000 on him and sure enough, the horse came in fifth. Haw, haw, haw.

"If you like to watch people, this is the place to sit and listen and watch," said Wanda Cundiff, a lunchtime regular who works at nearby American Filter. "I like to see Nick Zito because he's such a good-looking doll."

Wayne Catalano, trainer of Crypto Star, packed two tables with family, friends and children, snarfing plates of ham and eggs. Their goldenrod Catalano Stables jackets added a flash of color to the restaurant's wood-paneled interior.

At the next table the gregarious Zito, trainer of Derby hopefuls Jack Flash and Shammy Davis, ate a cheese and lettuce sandwich, palled around with friends



Raymond Warren of Louisville dunked a doughnut at the lunch counter. Next to him was Louis Giglio of Boston.



Lee Wagner took over the pharmacy from his father, who opened it in 1910.



Horsemen and racing fans often gather at the pharmacy's lunch counter.

and talked on a cellular phone.

Scott Stauffer, Zito's buddy from Houston, left no trace on his plate of his scrambled eggs, sausage and toast.

"I love this place," Stauffer said. "It's like stepping back in time 25 years. The pictures on the walls, see that one of Nick Zito winning the Kentucky Derby? If I lived here, I'd come here every day."

ZITO CALLED Alvey to his table and asked him what he liked about Wagner's. Alvey surveyed his substantial girth and asked, "What else? The food! Everything in here is not good for you. I love it. The only thing healthy is in the pharmacy."

Wagner, a second-generation pharmacist whose father opened the store in 1910, said the coffee shop is just one service he pro-

vides. The pharmacy stocks medicine and bandages for people and horses. Upstairs, another Wagner-owned company, Becker & Durski, makes saddle equipment, silks, and blankets for the Derby horses.

His store stocks liquor, greeting cards, Derby T-shirts and glasses. He cashes checks for backside workers from out of state. "The grooms and hotwalkers, they depend on this place," he said.

He said he hopes that some-where in Churchill Downs' redevelopment plans he'll be able to open a new place. It would be bigger and nicer in a way, he said, but wouldn't have the same ambience. "Maybe we could try to recapture some of it," he said.

But volumes of history will be left behind, he said. "There's been a lot of Derbies run up there at the bar."

APRIL 13, 1993



STAFF PHOTO BY STEWART BOWMAN

Workers building one of the performance stages yesterday for the governor's Derby breakfast were, from left, Harold Bailey, John Mynhier, Todd Bailey and Danny Wilson (background).

A treat for the little people: the governor's Derby breakfast

By FRANK ELLERS
Staff Writer

FRANKFORT, Ky. — Until last year, the governor's Derby breakfast was a fete for the politically correct — thousands of the governor's "good friends" lined the Capitol sidewalk in Sunday suits and pastel dresses to be thanked for their political support with a gubernatorial handshake and a plate of scrambled eggs.

But this year the event has been transformed into a family party where children will carry the day in everything from food — which includes free mini muffins — to participatory theater.

Last year, to save money, Gov. Brereton Jones and his wife, Libby, did not send invitations; instead, they issued a blanket invitation to the general public. That saved the state about \$23,000, but

it didn't bring in the big crowds of years past. So this year, the public is again invited, but events have been planned with children and families in mind.

There will be plenty for adults as well — including one of the most colorful floral displays in recent years. The vaunted red and yellow Capitol tulips, which typically wilt the week before the Derby, are expected to last this year. That's partly because of a cold spring, and partly because the Derby is several days earlier than usual. Everything else is in bloom at the Capitol, too — the dogwoods, the flowering cherries, the rebuds, the crab apples, the pansies on the floral clock.

"It'll be spectacular this year," said Kenneth Dotson, who is in charge of landscaping. "It's the biggest display we've had in a long time."

All the entertainment and food is free (it has been donated), beginning at 7:30 a.m. Saturday.

The breakfast will feature "The Small Derby World," a supervised, fenced area for children featuring participatory theater shows and clowns who give away small gifts. Children will be invited to join a small parade led by the Kentucky Brass Ensemble, and there will be craft booths and other entertainment throughout the morning, including the reenactment of a Civil War battle. The food will include country ham and biscuits, pastries and muffins.

Because parking may be hard to find in the Capitol area, buses will run regularly from big parking lots at the Cabinet for Human Resources building, just off Frankfort's East-West connector, as well as Juniper Hills park, on U.S. 60.

KENTUCKY

SATURDAY, MAY 3, 1997

A taste of Southern hospitality



PHOTOS BY MICHAEL HAYMAN, THE COURIER-JOURNAL

Jacynth Owens took a snapshot of fellow Derby Belle Eloise Rich yesterday with actress Sharon Lawrence, who was a guest of Stan Curtis, in background, the founder of Kentucky Harvest.

Derby Belles greet visitors to Louisville

Visitors arriving at Louisville International Airport for Derby Week get a Southern-style welcome from the Derby Belles, hired by the Regional Airport Authority. The greeting includes individually wrapped bourbon balls handed out by the belles.

The airport has been doing this for about a decade and the belles are very well-received, according to Rande Swann, spokesperson for the airport authority. "People who come regularly to the Derby ... get off the plane and ask, 'Where are the belles and my bourbon ball?'" Swann said.



Greeter Jennifer Hurst got an amplified greeting back from Craig Joseph, who brought along a megaphone to make some noise at Churchill Downs. Joseph is from Toledo, Ohio.

COURIER JOURNAL
APRIL 25, 1997

These treats have a local track record

Good Southern cooking is a tradition based on skill.

With its roots in agriculture, the magic of the cuisine comes from what clever cooks could make from farm products and stable pantry products that withstood long summers. (High humidity and heat are a swell combination for food

spoilage.) Great cured pork, food made with dried ground corn and a smorgasbord of garden vegetables are what Southern food is all about.

And sweets. Sweets of sugar com-

bined with foods from the farm — eggs, butter and cream — all manipulated to make incredible, memorable confections that are very different from each other and every bit as good as — and perhaps better than — the golf-ball-sized truffles made of imported chocolate, Grand Mar-

nier and ganache. This Southern candy-making tradition brings us timeless favorites for gift-giving in Kentucky — particularly with visitors streaming

CREAM CANDY: Eating cream candy is like parenting. If you've done it, you know what it's like. If you haven't, there are no words that can explain it to you.

Take sugar, butter, water and cream and mix, heat, cool and knead, and you got a product that's best described as "sort of like opera creams." If you know what that is.

Cream candy (also called "pulled candy" because it gets pulled by hand at home or on a taffy puller in a factory) is a melt-in-your-mouth, creamy, airy delight.

The reputation of cream candy stays within Kentucky borders, where it has been made commercially since 1921 by the Ruth Hunt Candy company — first by Hunt in her basement, later in a factory in Mount Sterling that still churns out the candies (along with the chocolate-covered cream-candy bar Blue Monday).

Reach Ruth Hunt Candy com-

pany for mail orders or purchasing information at (800) 927-0302.

MODJESKAS: This caramel-covered marshmallow candy was invented by candy-maker Anton Busath in 1883 and named in honor of the Polish actress Helena Modjeska, who visited Louisville to ap-

pear in the Ibsen play "A Doll's House."

For more than 50 years, Busath held the trademark on the name, so nobody else could use it. When his Fourth Street shop burned in

1947, he reportedly gave use of the name to another candy-making family — the Bauers. Now Bauers is a label sold at specialty food, gift and candy shops around Louisville.

Great modjeskas have a buttery, creamy, rich-tasting caramel coating. They come individually wrapped in waxed paper and, to preserve your fillings, should be eaten in four bites.

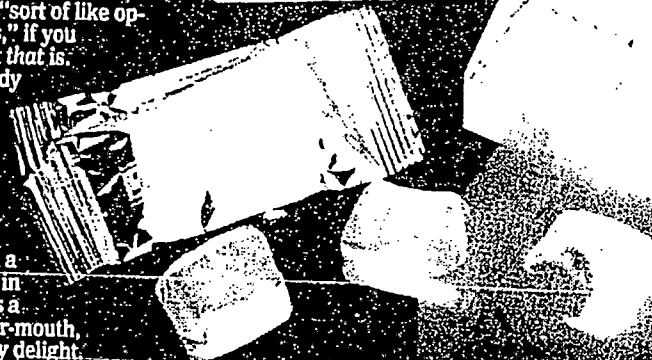
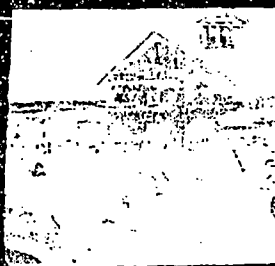
Find modjeskas also at Muth's candy store (\$11.50 per pound). At Muth's, the Derby season is just a blip on the modjeska radar, where Secretaries' Day, Mother's Day and all the other days blend together to

See THESE TREATS
Page 4, col. 3; this section

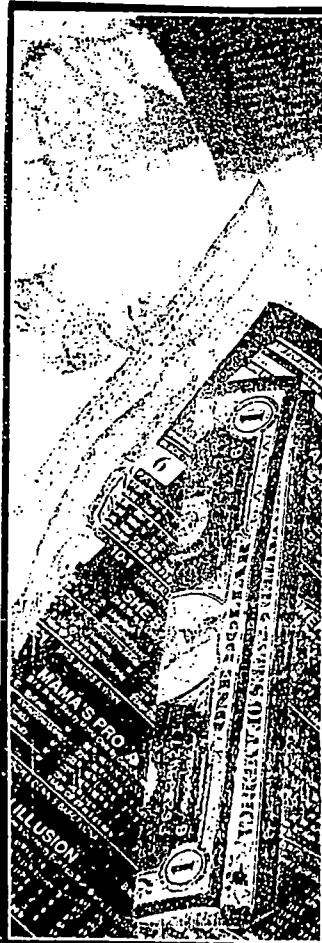


SARAH FRITSCHNER

IN SEARCH
OF GREAT FOOD



COURIER-JOURNAL MAY 3, 1997



BY MICHAEL HAYMAN, THE C-J
A race fan had money ready to place a \$2 bet.

Distiller makes mark with Oaks party

The Courier-Journal

LORETTO, Ky. — Yesterday's big, quasi-public parties began in a usually quiet hollow near Loretto in Marion County, site of the Maker's Mark distillery and one of the more bucolic and free-spirited galas of Derby Weekend — the Kentucky Oaks Brunch.

The host, distiller Bill Samuels, outfitted himself as Elvis, with a wig, sunglasses, glittery white jumpsuit and bag of jelly doughnuts. To his more traditionally dressed guests, he offered more savory fare such as country ham and corn pudding.

The brunch crowd was a varied mix. — Samuels' friends and business associates from near and far, political figures from all over the state, local folks from Marion, Nelson and Washington counties, notables like "60 Minutes" commentator Andy Rooney, and even some Louisville aldermen.

"It's always an eclectic and most interesting group of people," said Ron Geoghegan of Louisville, a native of nearby Bardstown and a public-affairs official with Bell-South. "The Maker's Mark Oaks Day brunch is maybe the finest of all the Derby events. It attracts a group of people from all across the state. It's Kentucky in the first weekend in May at its finest."

MAY 3, 1997

FLAVOR TO TASTE

HAM FROM HEAVEN

Dress your Derby table with this country-cured treasure

KENTUCKY and Virginia country-cured hams have long been considered masterpieces in the art of preserving pork.

Domesticated pigs were not native to our country. They were brought by European explorers in the 16th century.

When the English sailed to the New World to settle Jamestown in 1607, pigs came too. This was a wise choice, as the pigs were tiny (far smaller than today's pigs), and far more tranquil than cattle. Pigs will eat anything, and they average two litters per year. Fresh meat for the long trip over. And a pig is edible from his head to his tail.

Few American Indians

had ever seen a pig, but they had learned to cure and smoke venison, so they taught the English colonizers to apply the same technique to curing pork.

Unlike the fabulous "air-cured" prosciutto hams of Parma, Italy, our hams, because of the humid climate, must be cured, then smoked. The salt and sugar cure alone in a muggy atmosphere is not sufficient to preserve country hams over a long period of several seasons or years.

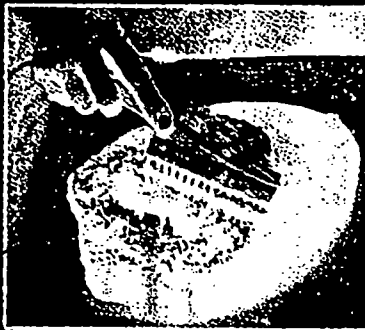
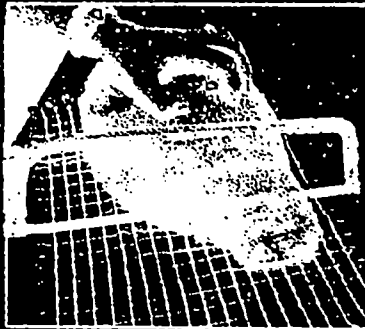
The favorite wood for smoking country hams in the South is usually hickory, apple or oak, and, amazingly enough, the original method has remained rather steadfast through the centuries.

Ham producers, not unlike their counterparts, the winemakers of Europe and California, say the method is no secret. The procedures do seem to read the same, but it is the individual in charge of the wine or the ham — the person who understands the timing, the seasons and the changes crucial to the wine or ham preservation — who makes the difference. It is that person's touch and judgment that produces a vintage wine or a country ham that stands above or with the best of its kind.

The smoldering ashes of hickory, apple or oak

See COUNTRY-CURED
Page 6, col. 1, this section

RECIPES
INSIDE



HOW TO COOK A COUNTRY HAM

1. Scrub the ham thoroughly with a stiff brush. If you want the hock for soup, cut it off (or have the butcher do it before you bring the ham home).

2. Place the ham in a large pot or pan or even in a picnic cooler and cover with water. Allow it to soak 12 to 24 hours. Discard the water.

3. Heat the oven to 325 degrees.

4. Put the ham in a large roaster, fat side up, and again cover with water. Place in the oven on the lowest rack and bake 2 hours. Do not allow the water to exceed a gentle simmer. If necessary, lower the oven heat.

5. At the end of the 2 hours, turn the ham on its other side and cook another 2 hours, so it will cook evenly throughout. It takes 4 to 4 1/2 hours in all, or 15 to 18 minutes per pound for a tender ham. The ham is done when a meat thermometer inserted in the meaty part reads 170.

6. Remove the ham from the oven, but leave it in the water overnight (not refrigerated). (This procedure is important to help ensure a moist ham.)

7. The next day, heat the oven to 425 degrees.

8. Remove and discard the ham skin. Sprinkle the fat with ground cloves. Combine light brown sugar with just enough sherry or vinegar to make a paste, and brush this mixture over the top of the ham.

9. Bake the ham until it has a beautiful golden glaze, 20 to 30 minutes. Allow the ham to rest for 1 hour or more, then slice it very, very thin.

Serves 25 to 30.

Note: After baking, a properly smoked country ham will keep well under refrigeration for 4 to 5 weeks. After that time, place the ham, or what is left of it, back in a 325-degree oven and heat thoroughly for 1 to 1 1/2 hours. The ham will then keep for another 4 to 5 weeks under refrigeration.

C 6

THE COURIER-JOURNAL, WEDNESDAY, APRIL 14, 1993

Country-cured treasure dresses up Derby table

Continued from Page C1

wood help, of course, but someone must set them aflame, then smother them to extinguish the heat at the precise moment. Then the hams are hung to age and ripen until they are pronounced ready to be sent to market.

All of this requires lots of hard work, talent and dedication. A baked country ham, quite naturally enough, is the favorite of the farm family table, yet it has an elegance worthy of the most elite and formal of celebrations. It is a festive meat bar none, and nothing can take its place for the Kentucky Derby.

A fine country ham is indeed one of Kentucky's greatest treasures.

Recipes made with country ham

This soup is at its best made with the smoked ham hock.

Black bean soup

4 cups dried black beans
Water to cover beans
5 quarts water for soup
2 tablespoons butter
4 1/2 lbs celery, chopped
3 medium onions, chopped
1/2 cup chopped parsley
1 ham hock
3 Turkish bay leaves
Salt, freshly ground pepper to taste
1 teaspoon ground cloves
1/2 cup dry Madeira or Spanish sherry
Juice of 1 lemon or more to taste
Slices of lemon for garnish

Wash and pick over beans. Cover beans with water and let them come to a boil. Allow to boil 5 minutes, then remove them from the heat. Let stand 1 hour. Drain.

Cover beans with the 5 quarts of water and cook over low heat for approximately 1 1/2 hours.

Melt butter in a large kettle. Sauté celery and onion until they are limp but do not brown. Add parsley and beans with their liquid. Add ham hock, bay leaves and pepper to taste. Simmer 3 to 4 hours.

Remove and discard ham hock

and bay leaves. Drain beans, reserving the broth. Purée the beans in a blender or processor. Combine the puree of beans with the broth. Strain.

Add salt to taste, ground cloves and Madeira or Spanish sherry. Simmer at least 5 minutes. Add lemon juice to taste. Taste again for salt and add water if soup is too thick, as it often is.

Ladle into hot soup plates and garnish each with a slice of lemon.

Soup will keep well in refrigerator several days, or freeze.

Makes 4 quarts; recipe can be cut in half.

To the wise: After refrigeration, this soup may become overly thick. Add chicken stock or water to thin as desired.

Ham and mushroom pie

2 pounds mushrooms
6 tablespoons butter
2 cups diced baked ham
3 tablespoons flour
1 1/2 cups chicken stock
1/3 cup dry Madeira or Spanish sherry
1/2 cup cream
Salt, freshly ground pepper to taste
Cream cheese pastry (recipe follows)

Wash mushrooms quickly under running water. Remove the stems and reserve for another purpose.

Heat 4 tablespoons of the butter in a heavy skillet. Add mushrooms and sauté from 7 to 10 minutes (they should not lose their texture). Season with salt.

Spoon the mushrooms into a 1-quart baking or pie pan. Cover with the ham.

To the juices in the pan, add the remaining 2 tablespoons butter. Stir in the flour and mix until smooth.

Stirring constantly, add the chicken stock gradually and cook the sauce, still stirring, until it has thickened and is smooth.

Stir in the wine and cream. Season lightly with pepper and salt. (Remember, the ham will be salty.)

Pour the sauce over the ham and mushrooms.



TIPSHEET

The best bet: Catch Derby Pie fever

If you enjoy all the traditions associated with the Kentucky Derby, don't let the week go by without sinking your teeth into a Derby Pie chocolate nut pie baked by Kern's Kitchen Inc.

Some of you may find a typical 9-inch pie a tad small to accommodate your sweet tooth. In that case, I recommend a visit to Oxmoor Center, where the "world's largest" Derby Pie awaits your passion for chocolate and nuts.



KEN NEUHAUSER
COLUMNIST

The 12-foot-wide, 500-pound pie will be sliced and served from noon to 8 p.m. today and from 10 a.m. until the last piece is sold tomorrow. Each slice costs \$11 with proceeds to benefit the WHAS Crusade for Children. Louisville Mayor Jerry Abramson will cut the first piece.

This big pie is made with 60 dozen eggs, 150 pounds of walnuts and 100 pounds of Nestle Toll House morsels.

John Conti coffee will be sold for a quarter a cup, with proceeds also benefiting the Crusade.

Feasting at Ferd's

Another fabulous tradition worth sinking your teeth into is Derby Fest '93 at Ferd Grisanti Restaurant.

A buffet of superbly prepared food opens today under a heated tent in the front parking lot, at 10212 Taylorsville Road, in Jeffersonton.

The all-you-can-eat banquet features rotini with meat sauce, cavatelli, formaggio, vegetables, Parmesan, garden salad, bruschetta and pizza.

The hours for this casual Italian feast, also known as Cafe Alfresco, are 11:30 a.m. to 10 p.m. daily through Friday.

The cost is \$6.25 (\$2.95 for children under 12 and free for infants).

Soft drinks, full bar service and cannolis also will be available.

A jazzy jam

"Derby Jam," a free jazz concert with Chris Bizianes on saxophone, John Bizianes on keyboard, Jack Brengle on guitar and Jim Turner on drums, will

teams check in at 9 a.m. Free for spectators. Sponsored by St. Anthony Medical Center. Contributing sponsors: The Seelbach Hotel, WHAS radio and WDRB-TV.

6-10 p.m. — Miller Lite Volleyball Classic sand divisions. The Brewery, 426 Baxter Ave. Spectators free with '93 Pegasus Pin. Sponsored by Miller Lite and WDJX radio. Contributing sponsors: Asics and the Seelbach Hotel. Coordinated by The Volleyball Connection.

6 — Knights of Columbus Charity Dinner. Galt House, Archibald Cochran Room, Fourth Avenue and River Road. Cash bar 6 p.m. dinner at 7. Dinner tickets: \$25; post-dinner reception tickets: \$7.50. Tickets available at Bishop Spalding, Council of the Knights of Columbus, 4417 Upper River Road, and Commonwealth Convention Center, 221 Fourth Ave. Coordinated by the Bishop Spalding Council of the Knights of Columbus. Call (502) 893-2220.

7:30-11 — Golden Oldies Dance Cruise. Belle of Louisville. Boarding at 7:30; cruise at 8. \$15. Cash bar; no carry-ons. Co-sponsored by River City Bank and WHAS radio. Limited table seating; first come, first served.

Tomorrow

11:30 a.m. — Run for the Rose. Riverfront Plaza-Balvedere. Entertainment begins at 11:30; first race at noon. Free for spectators. Sponsored by Great Financial Federal. Contributing sponsors: Delta Air Lines, Travel Professionals International and WHAS radio.

5:30-9 p.m. — Float preview. Commonwealth Convention Center, 221 Fourth Ave. Free with '93 Pegasus Pin. Sponsored by Commonwealth Insurance Co.

6-10 p.m. — Miller Lite Volleyball Classic sand divisions. The Brewery, 426 Baxter Ave. Spectators free with '93 Pegasus Pin. Sponsored by Miller Lite and WDJX radio. Contributing sponsors: Asics and the Seelbach Hotel. Coordinated by The Volleyball Connection.

6-11 — Miller Lite Pro Beach Volleyball Exhibition featuring Olympic gold medalists Steve Timmons and Ricci Luyties. The Brewery, 426 Baxter Ave. Spectators free with '93 Pegasus Pin. Sponsored by Miller Lite and WDJX radio. Contributing sponsors: Asics and the Seelbach Hotel. Coordinated by The Volleyball Connection. Information: (502) 582-3530.

6 — Ramble for the Roses. Holy Rosary Academy, 4801 Southside Drive. Five-mile walk; entry fee \$12, \$8 for children 8 and under. Sponsored by SS Mary & Elizabeth Hospital and WAMZ radio. Coordinated by Holy Rosary Academy. Information: (502) 381-8066.

6 — Budweiser \$1 Million Dollar Hole-in-One Golf Contest Finals. Wildwood Country Club, 5000 Bardstown Road. Free for spectators. Sponsored by Anheuser-Busch Inc. Co-sponsored by WHAS radio. Contributing sponsors: Powerbilt Golf Equipment, Royal Caribbean Cruises/American Express Travel and Kentuckyana Golf Course Superintendents.

6 — Derby Trainers Dinner. Regency Ballroom, Hyatt Regency, 320 W. Jefferson St. Cocktails at 6; dinner at 7. \$70. Coordinated by Kentucky Thoroughbred Owners & Breeders Inc. Information: (606) 277-1122.

Other Derby Events

7 p.m. — Derby Memorabilia Auction. Tuesday, Den of Steven Antique Gallery and Auction, 11800 Shelbyville Road.

APR 26, 1993
1-45