



Bourbon-KISSED Sweet Potato Casserole

Submitted by: Carolina Food Pros, www.carolinafoodpros.com

When I make this dish for the holiday crowds, I usually double the recipe. I use the sweet potatoes of the season, same-year-crop pecans, and freshly ground spices. I buy cinnamon sticks and grind them and whole nutmegs and grate them. When the casserole begins to bake, my whole house is filled with the fragrance of my grandmother's kitchen. We had a tradition in my family that whoever ate the last bit of a dish had to "kiss the cook". With this recipe, everyone competed for the honor!

THE SWEET POTATOES:

2 cups of cooked, fresh sweet potatoes

$\frac{3}{4}$ cup sugar

$\frac{1}{4}$ teaspoon salt

4 tablespoons ($\frac{1}{2}$ stick) butter

2 eggs, well beaten

$\frac{1}{2}$ teaspoon freshly ground cinnamon

$\frac{1}{2}$ teaspoon freshly grated nutmeg

$\frac{1}{4}$ cup milk

2 tablespoons good bourbon – the kind you wouldn't mind drinking

$\frac{1}{2}$ cup drained crushed pineapple

8 x 8-inch Pyrex baking dish, greased with butter.

(If doubling the recipe, use a 4-quart round casserole dish)

Preheat oven to 350 degrees.

Beat the sugar, salt, butter, eggs, spices, milk, and pineapple into the cooked sweet potatoes. Pour into the baking dish.

THE TOPPING:

$\frac{3}{4}$ packed cup light brown sugar

$\frac{1}{3}$ cup flour

4 tablespoons ($\frac{1}{2}$ stick) butter, melted

$\frac{3}{4}$ cup chopped pecans

Mix brown sugar and flour together. Add melted butter and mix. Add pecans and mix again. Spread out on top of sweet potato mixture.

Bake at 350 degrees for about 30 minutes, or until slightly browned on top.

Serves 6.

Pecan-Encrusted Scallops with Carolina Peach Chutney

Submitted by: The Sea Island Grill, www.WildDunes.com

Serves 4

12 fresh large scallops

2 oz. finely-chopped pecans

1 oz. buttermilk
2 tbsp. canola oil

3 fresh ripe peaches
1 oz. sugar
1 tbsp. red pepper diced
1 tbsp. red onion diced
1 pinch cayenne
salt and black pepper

Scallops:

Dip one side of scallops in buttermilk and bread with pecans. Sauté pecan-side first in a preheated sauté pan (not too hot) for 30 seconds. Turn and finish for two minutes or until cooked. Set aside and keep warm.

Chutney:

Cut a cross in peaches and drop for 15 seconds in boiling water. Shuck the Peaches in ice water and peel the skin. Cut in pieces and remove pit. Chop peaches in a food processor and add all ingredients. Season with black pepper and a pinch of salt. Place scallops on a plate and drizzle warm peach chutney over.

Curried Ginger Carrot Soup

Submitted by: Old Village Post House Restaurant

2 lbs. Carrots - peeled and diced
3 T. Butter
1-2 T. oil (canola or olive)
1/2 lg onion
3 medium stalks celery
2 t. Crystallized Ginger
1T. Brown Sugar
1/4 - 1/3 c. flour
4-6 homemade veg. or chicken stock
1 c. light cream, optional
Various spices (see below)

In 3 qt. Stockpot: Sauté onion and celery in 1T. butter and oil. Add the following spices while mixture is cooking - this brings out the warm flavor of the curry. 2 teaspoons each of: Ginger, nutmeg, cinnamon, white pepper and curry powder. Add cayenne pepper to taste. This mixture will form a slight paste. Sauté until well-browned and onion and celery are translucent.

Add 2 teaspoons chopped crystallized ginger and 1 teaspoon of brown sugar, as well as 2 tablespoons of butter. Once melted, add 1/4 c. flour, or more if necessary, and continue cooking over medium heat for 3-4 minutes. Pour in stock slowly, while stirring and thickening, add carrots and bring to heavy simmer. Cook until carrots are tender. Transfer in batches to processor or blender and puree. Return to stockpot to adjust seasonings and add cream if desired.

Sweet Potato Soufflé

www.middletonplace.org

3 c. mashed sweet potatoes
1 t. vanilla
3/4 c. sugar
1 t. cinnamon
2 eggs, beaten
1/2 c. all-purpose flour
1/2 t. salt
1 c. brown sugar
1/2 c. half and half
1 c. chopped pecans
1/4 c. butter or margarine, melted

Beat together sweet potatoes, sugar, half & half, eggs, salt, vanilla and cinnamon with mixer until soupy. Pour into 1 1/2-quart casserole dish. Mix flour, brown sugar, pecans, and butter; spread over potatoes. Bake at 350 degrees for 30 minutes or until topping is almost hard. 8 servings.

The Grits that Stole Christmas

by Chef Bob Waggoner of Charleston Grill
www.charlestongrill.com

Serves 2-4

2 1/2 tbs. unsalted butter
2 1/4 cups chicken stock
1/2 cup Charleston Grill stone ground grits
1 to 2 cups heavy cream
1 tsp. chopped garlic
1/2 tsp. thyme
1/2 cup diced sun-dried tomatoes
3/4 cup goat cheese
1 to 2 tbsp. Chopped chives
Salt and fresh cracked white pepper to taste

Bring the chicken stock and butter to a boil in a thick-bottomed saucepan.

Stir in the grits and return to a boil.

Reduce the heat, allowing the grits to cook for another 15 minutes at a low boil, and until the grits are thick and have absorbed most of the chicken stock.

Stir occasionally to keep the grits from sticking.

Add 1/2 cup of the heavy cream to the pot and reduce the heat, allowing the grits to cook slowly for another 10 minutes.

As the liquid is absorbed, add more cream, cooking the grits until the desired consistency.

Add salt and pepper to taste with a total cooking time of at least an hour.

The grits should be thick and full-bodied.

Fold in the chopped garlic, thyme and diced tomatoes

Crumble the goat cheese on top

Bake in 350† oven for ten minutes

Garnish with chopped chives

Serve very hot!

Carolina FoodPros'

www.carolinafoodpros.com

Best-Ever Fruitcake Cookies

This recipe has been handed down in my family for generations. I make these cookies early in the season and serve them to guests throughout the holiday season. Use fresh pecans available in the fall at Farmer's Markets and roadside stands. 1/2 pound butter

1/2 pound light brown sugar
2 1/4 cups flour
1-2 Tablespoons milk
1/2 teaspoon soda
1/2 - 1 teaspoon brandy
2 eggs
6 slices candied pineapple, chopped
1/2 pound candied cherries, chopped
1 pound dates, chopped
1/2 jar pineapple, peach or apricot preserves (16 oz jar)
1 pound chopped pecans

Mix fruit and nuts with flour. Set aside.

Cream butter and brown sugar. Add eggs to mixture, one at a time, mixing after each addition.

Add soda and brandy. Mix well. Stir in preserves.

Mix batter with fruit and flour mixture. This mixing is best done by hand.

Spoon mixture by teaspoonfuls onto lightly greased cooking sheets. For larger cookies, use a soup spoon.

Bake at 325 degrees for about 15 minutes. Do not overcook.

Makes approximately 3 dozen cookies.

Sea Island Grill at Wild Dunes Resort

www.wilddunes.com

**Charleston's Shore Oyster Stew with Andouille Sausage
And a Roasted Yellow Corn and Black Pepper Biscuit**

For Biscuit:

1 cup self rising flour
1oz shortening
1/3 cup buttermilk
pinch salt
pinch black pepper ground
1/4 cup roasted yellow corn kernels
1 Tbs caramelized Vidalia onions

Preheat oven to 400 degrees. Combine flour and shortening in bowl and mix well.

Add buttermilk and work it under the flour mix, be careful not to overdo.

Carefully fold other ingredients into the dough.

Roll to about 1/2 inch and use a cookie cutter to form biscuits.
Place them on greased baking sheet and bake to a golden brown for about 8-10 minutes.

For Stew:

24 oysters shucked and washed, keeping liquid in a separate bowl
1/2 cup cubed Andouille sausage
1/4 cup white onion diced
1/2 tsp chopped garlic
2 cup heavy crème
salt and pepper to taste
Worcestershire, Tabasco
1 tsp fresh herbs chopped: Thyme, Basil, Rosemary
1 tsp sweet and spicy peach and tomato jam

Render sausage at high heat in a sautee pan, add onions and sautee until translucent. Add crème and reduce half, add salt and pepper to taste and fresh herbs, season with Tabasco and Worcester for spiciness, turn off the heat, add oyster liquid and oysters, let sit for 30 seconds, then arrange on plate. Top oysters with a biscuit and garnish with a sweet and spicy peach and tomato jam.

For Jam

Combine 1 cup sliced peaches and 2 ripe Roma tomatoes peeled and seeded with brown sugar and 1 Tbs cider vinegar, 1 pinch red pepper flakes and simmer on low heat for 3-4 hours until reaching a jam-like consistency.

Woodlands Resort & Inn

www.woodlandsinn.com

Tian of Turkey Breast, Crusty Sweetbreads, Cranberry Vinaigrette Reduction

Serves 4

Fresh Turkey Breast from 10-12 # bird
(Remove tenderloin and clean skin off)
1/2 C. Flour
TT Salt
TT Pepper
1/3 C. Cranberry Vinegar
1/3 C. Dried Cranberries
1/4 C. Toasted Pecans
2 Shallots peeled and minced
1/2 C. Port Wine
1/4 C. Butter
8 Oz. Sweetbreads (soaked in ice water over night)
2 C. Chicken Stock
1/4 C. Salad Oil
Spinach leaves cleaned

Slice turkey breasts in 8 scaloppini's set aside. Bring chicken stock to slow simmer, add sweetbreads, and poach for 10-12 minutes. Remove, peel off outside membrane and press between two 1/2 sheets pans lined with plastic wrap and weighed. Refrigerate. Soak dried cranberries in port and cranberry vinegar for 1 hour. Remove cranberries sauté shallots in 1 tsb of butter until translucent. Add liquid from dried cranberries, flame until alcohol is gone. Reduce to 1/4. Whisk in remaining butter, remove from heat, and add pecans and

cranberries. Keep warm. Season turkey slices, dredge in flour, shake excess off. Sautéed over medium heat about 2 min. each slice. Keep warm. Slice sweetbreads, season and dredge in flour sautéed until brown on each side. Remove from pan add spinach wilt down. Assemble turkey slice, sweetbread slice, spinach, turkey slice. Put in center of plate put sauce around.

Corn Pudding

www.middletonplace.org

1 (1-pound) can whole kernel corn, drained
1 T. sugar
1 T. salt
1/2 t. nutmeg
1 egg, beaten
1 c. milk
1 T. all-purpose flour
2 T. butter

Mix all ingredients together. Bake at 350 degrees for 1 hour.