

THE EASTERN KENTUCKY NOT BROWN (Menifee Co. HS)

½ cup butter or margerine

½ cup all-purpose flour

3 cups 1 pct. milk

*1/2 cup Parmesan or
pecorino cheese*

2 Tablespoons heavy cream

½ cup reduced fat cheddar cheese

Ground nutmeg

2- 1 lb turkey breast, roasted

1 pound country ham

1 cup sliced mushrooms

1 tomato thinly sliced

8 slices wheat bread, cut thick

8 strips turkey bacon

Dried paprika and parsley

Melt the butter in a saucepan over medium heat. Stir in flour with a whisk, and continue to cook and stir until it begins to brown slightly. Gradually whisk in the milk so that no lumps form, then bring to a boil, stirring constantly. Mix

in Parmesan cheese and then stir to thicken. Remove from heat and stir in the cream. Add a dash of nutmeg, salt, and white pepper to taste.

Sauté mushrooms in a nonstick pan until they have a little color. Preheat the oven's broiler. Toast each side of the bread. For each Not Brown, place one thick slice of toast into the bottom of an individual sized casserole dish. Cover with a liberal amount of roasted turkey, country ham and tomato slices. Spoon sauce over the top of each one and sprinkle with cheddar cheese and some of the remaining Parmesan cheese.

Place the dishes under the broiler and cook until the top is speckled brown, about 5 minutes. Remove from the broiler and arrange one slice of bacon in a cross shape on top of each sandwich. Garnish with paprika and dried parsley.

Strawberry and Spinach Salad with Sorghum Vinaigrette

*1 cup strawberries,
hulled and quartered*

*2 cups of spinach leaves,
washed and dried properly*

1/2 cup sorghum syrup

1/2 cup malt or apple cider vinegar

1 Tablespoon Dijon mustard

2 teaspoons grated onion

3 teaspoon salt

3 teaspoon pepper, freshly ground

1/2 teaspoon hot sauce

1 cup olive oil

Toss together strawberries and spinach. Whisk together sorghum, vinegar, mustard onion, salt, pepper, and hot sauce until well combined. Slowly stream in olive oil while whisking until a cohesive mixture forms. Add enough dressing to moisten salad, a little at a time. Serve with the Not Brown.