

Our State eats

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Appalachian Burgoo

Yield: 8 to 10 servings.

- 3 tablespoons vegetable oil, divided
- 1 pound ground pork sausage
- 1 small white onion, chopped
- 1 medium red bell pepper, chopped
- 6 chicken thighs, skin on
- 4 cups water, divided
- 3 whole bay leaves
- 2 pounds chuck roast, cut into 2-inch cubes
- 1 pound bone-in country-style ribs
- 1½ cups frozen lima beans
- 1 pound Yukon gold potatoes, cut into 1-inch cubes
- ½ pound carrots, peeled and chopped
- 1 (28-ounce) can crushed tomatoes
- ½ cup Worcestershire sauce
- 2 tablespoons firmly packed light brown sugar
- 1 tablespoon hot sauce
- 1 teaspoon kosher salt, plus more to taste
- 1 teaspoon black pepper, plus more to taste

In a large Dutch oven over medium heat, warm 1 tablespoon oil. Add sausage, onion, and bell pepper, and stir frequently until sausage is browned, about 8 minutes. Transfer sausage mixture to a large bowl. Set aside.

Increase heat to medium-high and add remaining vegetable oil. Place chicken in oil, skin side down. Cook until browned, about 10 minutes. Flip chicken; add 3 cups water and bay leaves to pot. Reduce heat to medium-low. Cover and cook until chicken is cooked through, about 25 minutes.

Remove chicken from pot and place in a bowl to cool. Add chuck roast, ribs, and remaining 1 cup water to pot. Cover and simmer for 1 hour.



Once chicken has cooled, shred meat, discarding skin and bones. Stir in sausage mixture. Cover and refrigerate until ready to use.

Add lima beans to pot. Cover and continue cooking for 20 minutes. Remove ribs; shred meat, discarding bones, and return meat to pot. Stir in sausage mixture, potatoes, carrots, and tomatoes. Cover and cook until potatoes are tender, about 30 minutes.

Stir in Worcestershire, brown sugar, hot sauce, and salt and pepper to taste. Simmer on lowest setting until ready to serve. Burgoo will continue to thicken as it cooks.

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Baked Apple Bread

Yield: 10 to 12 servings.

- 3 cups Granny Smith apples, skin on, diced into ½-inch cubes (about 2 large apples)
- ½ teaspoon freshly grated nutmeg
- 3 tablespoons dark brown sugar

For dry ingredients:

- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon allspice
- ½ teaspoon cardamom
- 1¾ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon kosher salt

For wet ingredients:

- ¾ cup dark brown sugar
- ¾ cup sour cream, at room temperature
- 2 large eggs, at room temperature
- ½ cup canola oil
- 1 teaspoon vanilla extract

For topping:

- 1½ tablespoons dark brown sugar
- ¼ teaspoon cinnamon powder
- 1 Granny Smith apple, skin on, cored, quartered, and sliced ⅛-inch thick

Preheat oven to 375°. Position rack in the middle of the oven. Prepare a 4½ x 8½-inch loaf pan with cooking spray. Line pan with parchment paper, overlapping sides. Spray cooking spray on parchment paper.



In a large mixing bowl, add diced apples, nutmeg, and sugar; toss so that apples are evenly coated. Set aside.

Whisk together dry ingredients in a bowl. In a separate bowl, whisk together wet ingredients. Pour wet mixture into dry ingredients and stir until smooth. Stir in apples and juices. Batter should be thick but not as thick as bread dough. Scrape the dough into loaf pan and spread until smooth.

Topping: Mix together sugar and cinnamon in a small bowl. Arrange apple slices on top of loaf, overlapping like shingles. Sprinkle with cinnamon sugar.

Bake for 1 hour. Cover loosely with foil; bake for another 25 minutes or until skewer inserted into the center comes out clean. Remove bread from oven and let rest in the pan for 15 minutes. Remove bread from pan and place on a cooling rack. Cool on rack at least 1 hour before slicing.

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Roasted Leek & Potato Soup

Yield: 6 to 8 servings.

- 2 pounds Yukon gold potatoes, peeled and cut into 1-inch cubes
- 4 cups leeks, only white and light green parts, chopped (about 4 or 5 leeks)
- ¼ cup extra-virgin olive oil
- 3 teaspoons salt, divided
- 1½ teaspoons black pepper, divided
- 3 cups baby spinach, lightly packed
- 2 tablespoons unsalted butter
- ¾ cup dry white wine, divided
- 6 cups chicken stock, divided
- 1 cup heavy cream
- 1 cup sour cream
- ¼ cup freshly grated pecorino romano cheese, plus extra for garnish

Preheat oven to 400°.

Spread potatoes and leeks on a sheet pan. Add olive oil, 1 teaspoon salt, and ½ teaspoon pepper. Toss to coat vegetables evenly. Roast for 40 to 45 minutes, turning occasionally with a spatula, until very tender. Add spinach and toss to combine. Bake for 4 to 5 more minutes, until spinach wilts.

Place vegetables in a Dutch oven. Add butter, ¼ cup wine, and 1 cup chicken stock, and cook over low heat for 10 minutes, scraping up any crispy roasted bits.



Remove Dutch oven from heat and let soup cool for 15 minutes. In batches, transfer roasted vegetables to a food processor. Add pan drippings and 5 cups chicken stock, in batches if needed, to make a puree. Pour puree back into Dutch oven. Stir in heavy cream, sour cream, and remaining salt and pepper.

When ready to serve, reheat soup on low heat and whisk in remaining white wine and ¼ cup grated cheese. Serve hot with an extra dusting of pecorino.

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Baked Turnips With Gorgonzola Cream

Yield: 6 servings.

- 3 tablespoons unsalted butter, divided**
- 2 pounds small turnips, quartered**
- 1 teaspoon salt, divided**
- 1 teaspoon black pepper, divided**
- 2 cloves garlic, minced**
- 1 cup heavy cream**
- 2 tablespoons light brown sugar**
- 3 ounces Gorgonzola cheese, crumbled**

Preheat oven to 375°. Prepare an 8 x 8-inch ceramic baking dish with 1 tablespoon butter.

In a large saucepan, heat remaining butter. Add turnips; cook 3 to 5 minutes per side on medium heat, until turnips begin to turn light golden brown.

Arrange turnips in baking dish. Season with $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ teaspoon pepper. Add garlic to saucepan and sauté in the butter until fragrant, about 30 seconds. Stir in heavy cream



and bring to a simmer. Stir in brown sugar and Gorgonzola. Continue stirring until sauce is creamy and cheese has melted. Season with remaining salt and pepper to taste.

Pour cream mixture over turnips and cover dish with foil. Bake for 30 minutes. Remove foil and bake for another 10 to 15 minutes, until turnips are fork-tender.

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