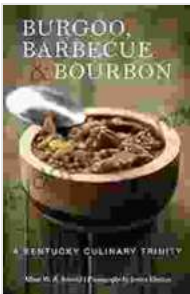


Burgoo, Barbecue, Bourbon: The Kentucky Culinary Trinity

Kentucky is a state with a rich culinary tradition. Three dishes in particular —burgoo, barbecue, and bourbon—have come to define the state's cuisine. These dishes are not only delicious, but they also have a long and storied history.



Burgoo, Barbecue, & Bourbon: A Kentucky Culinary Trinity by Albert W.A. Schmid

★★★★☆ 4.5 out of 5

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Word Wise : Enabled
Print length : 173 pages
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Burgoo

Burgoo is a hearty stew that is made with a variety of meats, vegetables, and spices. It is thought to have originated in the early 1800s, when settlers in Kentucky would often cook large pots of stew to feed their families and friends. Burgoo is typically made with beef, pork, and chicken, but other meats, such as venison or lamb, can also be used. The vegetables in burgoo vary depending on what is in season, but common ingredients

include potatoes, carrots, onions, and celery. Burgoo is also seasoned with a variety of spices, such as black pepper, paprika, and thyme.

Burgoo is a popular dish in Kentucky, and it is often served at special occasions, such as weddings and family reunions. It is also a popular dish to cook during the winter months, as it is a hearty and filling meal. There are many different recipes for burgoo, and each family has their own unique way of making it. However, all burgoo recipes share a few common ingredients and cooking methods.

To make burgoo, the meats are first browned in a large pot. The vegetables are then added to the pot, and the stew is simmered for several hours. Once the stew is cooked, it is typically served with cornbread or biscuits.

Barbecue

Barbecue is another popular dish in Kentucky. Kentucky barbecue is typically made with pork, but beef and chicken can also be used. The meat is smoked over a wood fire, and it is then coated in a sweet and tangy sauce. Kentucky barbecue is often served with coleslaw, potato salad, and baked beans.

Barbecue has a long history in Kentucky. The first barbecue restaurants in the state opened in the early 1900s, and barbecue has been a popular dish in Kentucky ever since. There are many different barbecue restaurants in Kentucky, and each restaurant has its own unique style of barbecue.

To make Kentucky barbecue, the meat is first rubbed with a spice rub. The meat is then smoked over a wood fire for several hours. Once the meat is

cooked, it is coated in a sweet and tangy sauce. Kentucky barbecue is typically served with coleslaw, potato salad, and baked beans.

Bourbon

Bourbon is a type of American whiskey that is made in Kentucky. Bourbon is made from at least 51% corn, and it is aged in charred oak barrels.

Bourbon has a distinctive flavor that is characterized by its sweetness, smoothness, and oaky notes. Bourbon is often enjoyed neat, on the rocks, or in cocktails.

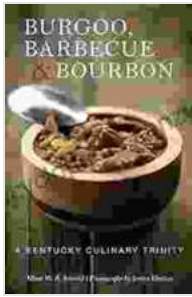
Bourbon has a long history in Kentucky. The first bourbon distillery in the state was opened in 1789, and bourbon has been produced in Kentucky ever since. Kentucky is now home to over 90 bourbon distilleries, and the state produces over 95% of the world's bourbon.

To make bourbon, corn is first milled and then cooked in water. The cooked corn is then fermented with yeast, and the resulting liquid is distilled. The distilled liquid is then aged in charred oak barrels for at least two years. Once the bourbon is aged, it is bottled and ready to be enjoyed.

The Kentucky Culinary Trinity

Burgoo, barbecue, and bourbon are three of the most popular dishes in Kentucky. These dishes are not only delicious, but they also have a long and storied history. They are truly the Kentucky culinary trinity.

If you are ever in Kentucky, be sure to try burgoo, barbecue, and bourbon. You won't be disappointed.

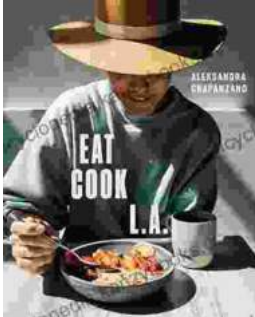


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