

# SOUTHERN FLAIR

Nashville is known for country music, but the food scene in the Music City has many people traveling near and far to dine at restaurants like Trey Cioccia's The Farm House in the SoBro neighborhood.



PHOTOGRAPHY BY JOSEPH WOODLEY



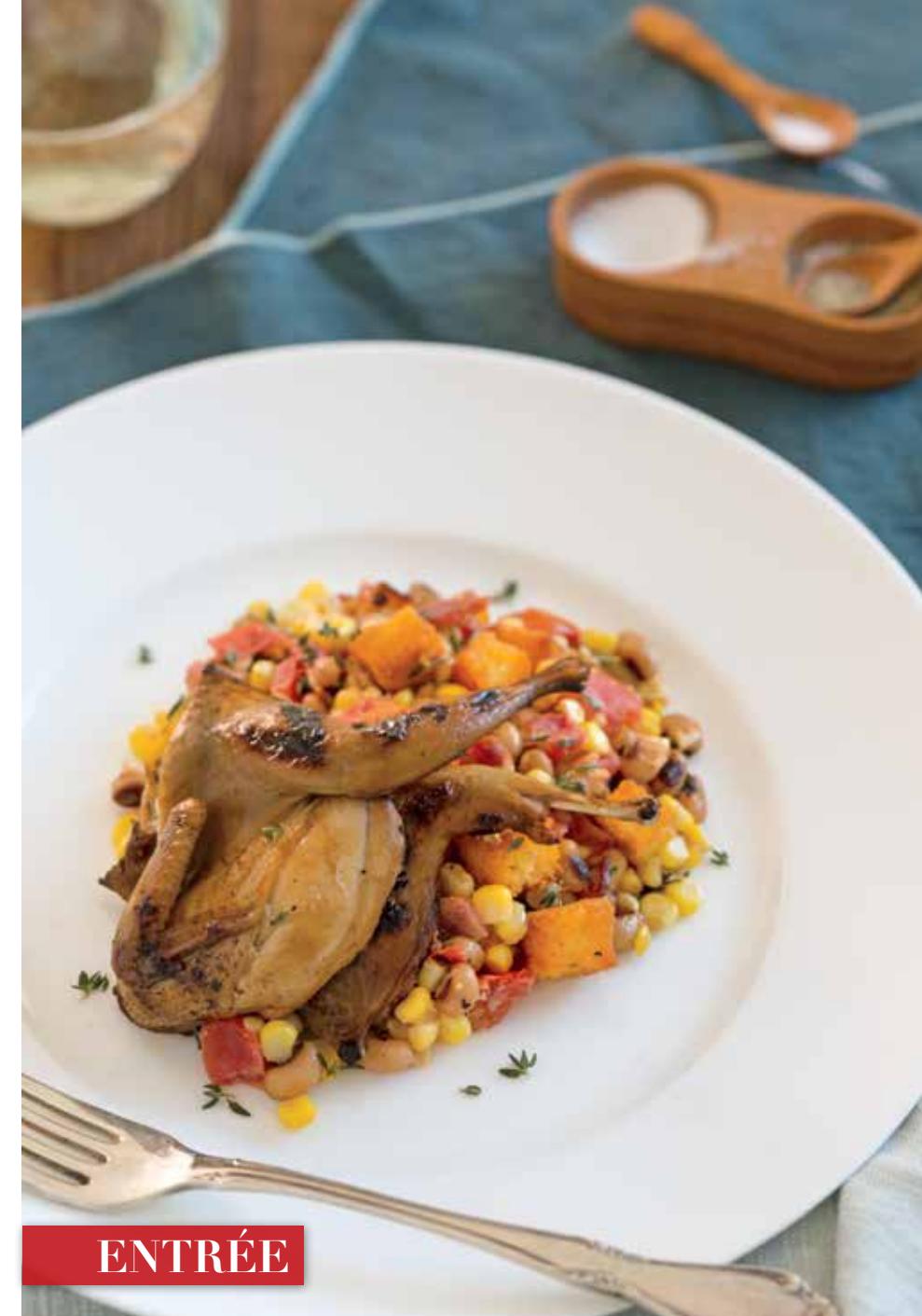
Trey, a Nashville native, had a dream of owning a restaurant with a Southern-farm-focused menu. And in 2013, it came true. The concept is to buy only from the United States and source a majority of the goods from the South, primarily within the community and surrounding cities. The menu is ever-changing, but you'll always find Southern dishes that have Trey's creative spin, such as pimiento cheese beignets and crispy sweet and sour pig ears. His approach is simple: "Great ingredients make great food. Don't take shortcuts, and be true to your palate."

## GRILLED SWEET TEA QUAIL WITH CORNBREAD SUCCOTASH

Makes 4 servings  
Prep: 30 minutes  
Chill: 48 hours  
Stand: 30 minutes  
Grill: 6 minutes

- 2 quarts sweet tea
  - 1 navel orange, halved
  - 6 sprigs fresh thyme, divided
  - 1½ tablespoons kosher salt
  - 2 teaspoons ground black pepper
  - 4 semiboneless quail
  - 4 cloves garlic, smashed
- Cornbread Succotash (recipe follows)  
Garnish: fresh thyme

**ONE** In a large 3- to 4-quart container, combine tea, orange halves, 2 sprigs thyme, kosher salt,



## ENTRÉE

and pepper. Rinse quail, and place in brine. Cover, and refrigerate for 48 hours.

**TWO** Remove quail and brine from refrigerator 30 minutes before grilling. Spray grill rack with nonflammable cooking spray. Preheat grill to medium-high heat (350° to 400°).

**THREE** Remove quail from brine; discard brine. Pat quail dry; stuff each with 1 smashed garlic clove

and 1 sprig thyme. Season lightly with salt and pepper. Grill quail, uncovered, 3 minutes per side or to desired degree of doneness.

**FOUR** Place quail on a cutting board, and discard stuffing. Split quail into halves, cutting along backbone with kitchen shears or a sharp knife. Divide Cornbread Succotash among four plates, and top each with quail halves. Garnish with fresh thyme, if desired.



## BEVERAGE

### CORNBREAD SUCCOTASH

Makes 4 servings  
Prep: 15 minutes  
Cook: 20 minutes

- 2 slices bacon, diced
- 3 ears fresh corn, kernels removed
- 1 cup cooked black-eyed peas or field peas
- 1 tablespoon minced fresh thyme
- 1 cup diced heirloom tomatoes
- ¼ cup heavy whipping cream
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1½ cups cubed cornbread, toasted

**ONE** In a large skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove bacon, and drain on paper towels, reserving 1 tablespoon drippings in skillet.

**TWO** Add corn kernels, peas, and thyme to hot drippings in skillet, and cook, stirring occasionally, for

1 minute. Stir in tomatoes, cream, salt, and pepper, and cook for 3 to 5 minutes, stirring occasionally or until cream has thickened.

**THREE** Gently stir in toasted cornbread and bacon. Serve immediately.

*Recipe adapted from Trey Cioccia, founder and executive chef, The Farm House, Nashville, Tennessee*

### SOUTHERN REMEDY

Makes 1 drink  
Prep: 5 minutes

- 1 tablespoon warm water
  - 1 tablespoon honey
  - 2 ounces Sweet Tea (recipe follows)
  - 2 ounces bourbon
  - 1 tablespoon fresh lemon juice
  - 1 tablespoon Ginger Beer Base (recipe follows)
  - 4 ounces ginger ale
- Garnish: Lemon wedge, fresh mint (optional)

**ONE** In a pint glass, stir together 1 tablespoon warm water and honey. Add Sweet Tea and next three ingredients. Add ice to glass. Top with ginger ale and stir. Garnish with a lemon wedge and fresh mint, if desired.

### GINGER BASE

Makes 10 servings  
Prep: 15 minutes

- 2 cups thinly sliced, peeled ginger
- ½ cup blackstrap molasses
- 3 lemon sections

**ONE** Place ginger and remaining ingredients in the container of a blender. Blend until smooth. Strain ginger mixture through a fine mesh sieve into a small bowl, discarding solids. Refrigerate until ready to serve.

*\*Can be made up to 3 days in advance.*

### SWEET TEA

Makes ½ gallon  
Prep: 10 minutes  
Cook: 6 minutes  
Stand: 1 hour

- ½ orange
- ½ gallon unsweetened tea
- ½ cup honey
- 2¼ teaspoons sugar

**ONE** Heat a grill pan over high heat. Place orange cut side down on pan. Cook for 6 minutes or until charred. Remove from pan. Let cool.

**TWO** In a large pitcher, stir together tea, honey, and sugar. Squeeze cooled orange into tea and add fruit. Let tea steep for at least 1 hour before serving. Refrigerate until ready to serve.

*\*Can be made up to 3 days in advance.*

### BOURBON AND PLUM UPSIDE-DOWN CAKE

Makes 1 (10-inch) cake  
Prep: 25 minutes  
Cook: 50 minutes

- 3 large eggs, separated
- ¾ cup butter, softened and divided
- 1½ cups sugar
- ½ cup buttermilk
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- ½ cup almond flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- ¼ cup bourbon
- 4 plums, pitted and sliced into eighths
- ¾ cup firmly packed brown sugar

**ONE** Preheat oven to 350°. Spray a 10-inch round cake pan with cooking spray. Set aside.

**TWO** In a large bowl, beat egg whites with a mixer at high speed until stiff peaks form. Set aside.

**THREE** In a large bowl, beat ½ cup butter with a mixer at medium speed until creamy. Gradually add sugar, beating until fluffy.

**FOUR** In a medium bowl, whisk together buttermilk, vanilla, and egg yolks. Add to butter mixture, beating to combine.

**FIVE** In a separate medium bowl, combine flours, baking soda, and salt. Add flour mixture to butter mixture, alternately with bourbon, beginning and ending with flour mixture, beating just until combined after each addition. Gently fold in beaten egg whites.

**SIX** Arrange plum slices in concentric circles in bottom of prepared pan.

**SEVEN** In a small saucepan, melt remaining ¼ cup butter over high heat. Add brown sugar, and cook,

stirring constantly, for 3 to 5 minutes or until sugar has melted. Remove from heat, and quickly pour sugar mixture over plums. Spoon batter over sugar mixture.

**EIGHT** Bake for 45 to 50 minutes or until a wooden pick inserted in center comes out clean. Let cake cool in pan for 10 minutes. Run a

knife around edge of cake, and then carefully invert cake onto a cake plate. If any plum slices stick, use an offset spatula to gently remove from pan and replace atop the cake. *Recipe adapted from Emma Hofland, Pastry Chef, The Farm House, Nashville, Tennessee*



## DESSERT