

MASHAMA BAILEY



Teaches Southern Cooking



MasterClass



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A woman wearing black-rimmed glasses.

A. Michelle Kelly



MEET YOUR INSTRUCTOR: MASHAMA BAILEY

The award-winning chef wants to shift your understanding of Southern American cuisine

It can be tough to get a reservation at the Grey in Savannah, Georgia. Chef and partner Mashama Bailey is the proud owner of a James Beard Award (an accolade honoring American culinary professionals) for Best Chef Southeast. Her warm, soft-spoken manner also captured viewers' attention on the Netflix docuseries *Chef's Table*. For these reasons and more, demand for dinner at the restaurant—a once-segregated Greyhound bus terminal where a Black woman with Southern roots now runs the show—has been high.

What makes Chef Bailey's story so compelling is not just that she's an award-winning chef or that the Grey is one of the World's Best Restaurants according to American publications like *Food & Wine* and *Travel + Leisure*. It's not even that more people know what her food looks like than will ever physically have the chance to eat a dish prepared by her. Chef Bailey's cooking honors her African American history, referencing the past while finding ways to emerge with her own personal story.

At the Grey, Chef Bailey features port city Southern American food, centering on regional ingredients and dishes that represent coastal Georgia. Cucumber gazpa-

cho with fresh Georgia shrimp. Grilled dorado and crab rice. Charred okra and smothered quail. Tomatoes tossed with shishito peppers. Chef Bailey has developed a style of food all her own—at once elegant, soulful, Southern, and delicious—that threads influences from her grandmother and mother, time spent studying in France, cooking in Manhattan (including at American chef Gabrielle Hamilton's iconic restaurant Prune), and the guidance of trail-blazing chef Edna Lewis (see page 5).

"I think the preconceived notion about Southern [American] food is that it's just one thing," Chef Bailey says. "And how can it be one thing when so many states make up the South? It's layered. Edna Lewis opened the door to me being curious about those layers."

An acclaimed chef and prominent cookbook author, the late Chef Lewis did perhaps more than anyone to "demystify Southern [American] food," as Chef Bailey says. Through her cooking and cookbooks, Chef Lewis countered stereotypes that Southern American cuisine solely revolved around "unhealthy [dishes] laced with fat and fried foods," Chef Bailey explains. Instead, Chef Lewis taught Chef Bailey and others that Southern American cui-

sine could be “seasonal and vegetable heavy and healthy,” Chef Bailey says. Chef Bailey would go on to write the foreword to the 2019 rerelease of Chef Lewis’s cookbook *In Pursuit of Flavor*, originally published in 1988.

Like Chef Lewis, Chef Bailey wrote a cookbook of her own that aims to highlight the beauty of Southern American food. Coauthored with her business partner, John O. Morisano, *Black, White, and The Grey* “celebrat[es] the good aspects of American culture while exposing and shedding light on the bad aspects,” as Chef Bailey writes. It also explains how Southern American cuisine, the foundation of American cooking, comes from a culture defined by

African people and their descendants, the skilled laborers, creators, and artisans who developed the recipes and foodways that many mimic today.

Chef Bailey hopes that by sharing these regional and personal stories, you will reach a new understanding about the ingredients, recipes, and techniques of Southern American food, informed by the history and traditions that have been passed down over generations. In rethinking what it means to cook Southern American food and in learning these recipes, you will develop the confidence to “explore your own personal cooking style,” Chef Bailey says, and start creating traditions of your own.

Edna Lewis’s Legacy

The influential Southern American chef has inspired Chef Bailey and legions of cooks across America

Born in 1916, Edna Lewis grew up in Freetown, Virginia, a farming community founded by emancipated slaves, including her grandfather. She learned how to cook under the tutelage of her mother, who utilized locally grown and seasonally harvested ingredients and prepared all of the family’s meals on a wood-burning stove.

Chef Lewis left Freetown at only 16 years old. She decamped first to Washington, D.C., before eventually making her way to New York City. In 1948, she and a business partner opened Café Nicholson, a buzzy Manhattan restaurant that attracted artists and celebrities like American author Truman Capote, Spanish surrealist artist Salvador Dalí, and former American First Lady Eleanor Roosevelt. Later, in 1988, when Chef Lewis was in her early 70s, she ran the kitchen at Gage and Tollner, a landmark fine-dining restaurant that opened in Brooklyn in 1879.

While each endeavor allowed Chef Lewis to share her cooking,

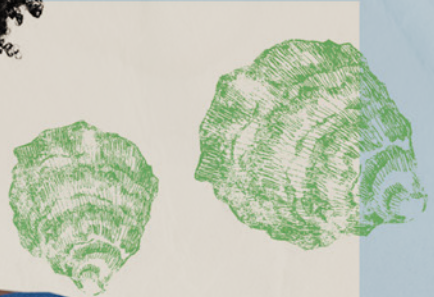
knowledge, and experience with new people, it was her work authoring a series of cookbooks that brought her Southern American recipes and culinary traditions to her largest audience yet. From watercress salads and barley stews to poached eggs on country ham and fruit cobblers, the mouthwatering recipes in Chef Lewis’s cookbooks combine African American history and cultural stories.

Her first offering, *The Edna Lewis Cookbook*, was published in 1972 and features recipes organized by season. *The Taste of Country Cooking* (1976) delves into life in Freetown and how it was shaped by growing one’s food, while *In Pursuit of Flavor* (1988) espouses the value of eating food at its prime (long before the phrase “farm-to-table” gained traction). Her last cookbook, *The Gift of Southern Cooking* (2003), resurrects some long-forgotten recipes for a contemporary audience with an assist from Alabama-based chef Scott Peacock.

Chef Lewis passed away in 2006, but her legacy unquestionably lives

on in the abundance of farm-to-table restaurants and vegetable-forward Southern American cooking found not only throughout the region but all over the country. It’s a legacy that, of course, Chef Bailey proudly carries forward at the Grey.

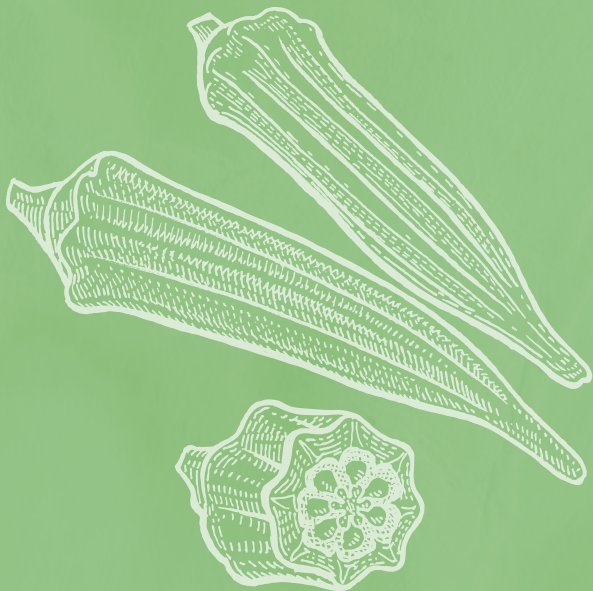




THE SOUTHERN AMERICAN PANTRY

Four foundational staples you'll find in
many Southern American recipes

The Southern American pantry brings with it a robust growing season and a wide variety of produce. Culled over the centuries from Indigenous agricultural methods, imported expertise from Africa, an array of non-native seeds from colonial cultures, and reintegrated historic practices of cultivating and preserving seeds by modern regional experts, the options throughout the year can be bountiful: Tomatoes, sweet watermelon, and juicy peaches in the summer; the autumn pecan harvest; spring ramps; and, in the winter, turnips, mustard, and collard greens. All food tells a story—something about where it comes from, who grew it, how it may have traveled to get to you, and what recipes or traditions you source to prepare it. Next time you're cooking, try incorporating one of these Southern staples—and consider how it found its way to the communal table.



Okra

Though okra is closely associated with the American South, the vegetable is enjoyed all over the world. The seedy pods, which are Indigenous to West Africa, appear in countless African stews and soups, from okra to groundnut to so many more. Arriving as exports along with other food products as part of the trade of African peoples in the New World, the plant adapted to the Southern climate. Black cooks incorporated okra into their dishes in different and innovative ways, and today you'll find it fried in cornmeal, stewed in gumbo, pickled and served with barbecue, or cooked down with tomatoes.



Field peas

Also known as cowpeas, field peas have grown for generations alongside rice and corn to return nutrients to the soil. Many are familiar with the black-eyed pea, a type of field pea ubiquitous in West African recipes, but there are many other varieties (they're often harvested and consumed fresh, so they don't travel far). Once considered a humble ingredient in the U.S., field peas have emerged on fine-dining menus in recent years, sometimes served in crisp salads and in traditional African American pilau recipes like Hoppin' John (stewed with rice and pork bits).

Sweet potatoes

Sweet potatoes aren't yams, but that doesn't stop many from calling them as such. As American historian Jessica B. Harris writes in her book *High on the Hog*, enslaved Africans from the "yam crucible" (in what is now Nigeria, Ghana, Benin, Ivory Coast, Central Africa, Cameroon, and Togo) called the sweet potato in the Americas after the yams common to their home regions, setting modern-day eaters on a road of eternal (but delicious) confusion. Sweet potatoes are often featured in sweet recipes—candied "yams," casseroles, and pies. But the best preparation may be the least fussy: whole roasted and served steaming hot.



Collard greens

Though originally from Europe and Asia Minor, collard greens became part of the Southern culinary lexicon, commonly stewed in their potlikker—the liquid left behind after the greens are boiled—until dark and soft. A bubbling pot of collard greens is often served with a hunk of cornbread or johnnycakes (flat cornmeal-based cakes) to sop up the rich broth. Collards are incredibly versatile and can be enjoyed raw. Thinly slicing them and gently massaging them with a little olive oil for a few minutes will break down the leaves just enough to be enjoyed on their own with your favorite dressing, tossed with red cabbage in a coleslaw, or paired with sweet lettuces like Bibb and fresh herbs in a citrusy vinaigrette.

BLANCHING, BRINING, AND MORE

A quick primer on some of the most important
Southern American cooking techniques

Blanching

Blanching vegetables—or seafood, as is the case in Chef Bailey’s recipe for Pickled Oysters on page 31—involves cooking them quickly in generously salted water (about a cup of salt per gallon of water) to draw out their vibrant flavors, textures, and colors. (The dull hue you often see in raw green vegetables occurs because of the layer of gas that exists between the pigment and the skin. Blanching them releases that gas, allowing the pigment to reach the surface of the vegetable.) Like a freeze-frame, this technique captures a vegetable at its brightest and crunchiest. A blanch must be followed with a shock, or immediately placing the vegetables directly in or atop an ice bath to halt the cooking process at that optimal moment.

Making a Roux

A combination of flour and fat, roux is the secret ingredient that thickens sauces, gravies, and soups, giving a luxurious finish to some of Chef Bailey’s favorite dishes (including the Creole Sauce in the Fish and Grits recipe on page 19, the filling in the Oyster Hand Pies recipe on page 33, and the Okra Gumbo Z’Herbes recipe on page 37). Typically using one part fat (oil or butter) to one part flour, a roux forms after whisking the mixture constantly over heat until it reaches an optimal shade of color—ranging from white (cooked for the shortest period of time and often used for sauces, soups, and chowders) to dark brown (cooked for the longest period of time and popular in Southern American Creole and Cajun dishes like gumbo and jambalaya), along with a variety of light brown shades in between.

Brining

Brining is a technique that involves submerging meat in a salt solution prior to roasting or grilling. The process adds an extra hit of flavorful moisture, and the salt water goes to work on the muscle fibers and proteins in the meat itself, separating them and creating more space to trap water. Along with salt and water, you can add any spices and aromatics you’ve got on the shelf of your pantry (Chef Bailey’s recipe for Pork Shanks and Collard Greens on page 13 uses garlic, thyme, and black peppercorns).

Pickling

Vinegar pickling is one of the most popular ways to preserve fruits and vegetables (and even oysters—see page 31 for Chef Bailey’s recipe). It creates a high-acid environment that kills off microbes and causes food to change in flavor and texture. While most pickling recipes rely on three main ingredients—vinegar, sugar, and salt—you can get creative when it comes to the type of vinegar you use and experiment with different spices or dried herbs in the pickling liquid. Once you’ve made your own mix, you’ll whisk the ingredients together and heat the liquid in a saucepot until it comes to a boil. Next, you’ll evenly chop the vegetables, fruits, or seafood, place them in a mason jar, and pour the pickling liquid over them. Close the jar with an airtight lid. Refrigerate your pickles for a longer shelf life; they should last for about one month.



SUCCOTASH

Serves 6 to 8

● Succotash is a quintessential American recipe, a beautiful example of ancient gardening practices and the adage “what grows together goes together.” The dish has been around in the United States since the 17th century, when the traditional Indigenous preparation featured corn, beans, and squash. Regions all over the U.S. will lay claim to succotash, and that’s also its appeal: It’s so good that everyone wants to take credit for it. Succotash—especially Chef Bailey’s version—makes for a delicious and simple summertime accompaniment to a meal; her iteration is a vibrant array of okra, tomato, lima beans, and corn.

Ingredients

3 tbsp unsalted butter
1 white onion, diced
½ cup diced green bell pepper
½ cup diced celery
Salt
2 garlic cloves, minced
2 tbsp seeded and diced serrano chile peppers
2 cups sliced okra, cut horizontally in circles
1 cup chopped heirloom tomatoes (use a variety from your local market or grocery store)
3 cups cooked lima beans
3 cups corn, fresh off the cob
Water as needed
Black pepper to taste
Flat-leaf parsley, chopped, for garnish

Method

Melt the butter in a large heavy-bottomed saucepan or Dutch oven set over medium heat. Add the onion, bell pepper, and celery, and stir to coat the vegetables in the fat. Add a few pinches of salt to help concentrate and enhance the flavors of the vegetables. Cook for 5 minutes, stirring occasionally. Add the garlic, stir, and allow the garlic to bloom. Add the chiles, then stir to combine. Reduce the heat and add the okra. Add another pinch of salt. Continue cooking, gently stirring the mixture, for another 4 minutes.

After 4 minutes, stir in the tomatoes, lima beans, and corn. Continue to cook the mixture, uncovered, until all the vegetables are soft, stirring occasionally, about 3 to 4 minutes. Add a

little water to moisten the vegetables and help emulsify the butter. Stir and continue cooking for another 2 minutes. Add salt and black pepper to taste. Maintain a low temperature, cover, and cook for another 30 to 35 minutes. The cooking liquid will have thickened, and the vegetables will be tender.

Transfer the mixture to a large bowl for serving. Add the fresh parsley and more black pepper. Serve immediately.







PORK SHANKS AND SMOKED COLLARD GREENS

Serves 4

● Pork shanks, otherwise known as ham hocks, are the fatty part of a pig's ankle. They're a highly worked part of the animal, so braising is the best technique to prepare them. As such, cooking pork low and slow is common in many parts of the American South. From whole-hog pit roasts to smothered chops in the pan, many families have their go-to recipes and traditions, including sharing a slaughtered pig among members of a community and resourcefully using all of its parts—rendering the fat to flavor other dishes, preserving the ears, and cooking the head, for instance.

Chef Bailey is keeping it a bit simpler in this recipe. You'll use a seasoned brine—basically a salted liquid—to begin breaking down the tougher meat. To give your collard greens some kick, you'll use a workaround substitution for an outdoor smoker and cold-smoke them. (Cold-smoking is a shorter and more versatile way to impart your greens with a nice flavor.) Large, leisurely dishes like this one can be a great opportunity to get folks in the kitchen talking and sharing with one another—if not during prep, then definitely during mealtime.

If you're looking for a pork shank substitute, Chef Bailey suggests trying pork shoulder or oxtails.

Ingredients

4 pork shanks (1 lb each), skinned

FOR THE BRINE

1 gallon water
½ cup salt
½ cup cane syrup
1 yellow or Vidalia onion, sliced
1 bulb garlic, halved
¼ bunch thyme sprigs
2 tbsp black peppercorns

FOR THE HERB SACHET

1 tsp black peppercorns
4 g allspice (or 5 pieces, crushed)
2 bay leaves

FOR THE PORK

2 tbsp blended oil (a mixture of
canola oil and olive oil), peanut
oil, or canola oil
1 white onion, thinly sliced
3 tbsp cane syrup
1 cup dry white wine, preferably
sauvignon blanc
1 herb sachet
3 qt pork stock

FOR THE COLLARD GREENS

2 to 3 cups pecan or oak wood
chips (enough to cover the bot-
tom of your skillet)
2 bunches collard greens, thinly
sliced
½ cup extra-virgin olive oil, divided
1 cup sliced shallots
1 cup sliced Vidalia onion (or the
sweetest onion available)
1 cup leeks
Salt to taste
2 cups water

Method

Make the brine. Combine all of the ingredients in a large lidded container (make sure the container is big enough to hold the brining liquid as well as the pork shanks). Submerge the pork shanks in the liquid, cover the container with a lid, and refrigerate for up to 24 hours.

The next day, remove the pork shanks from the brine and allow them to fully dry on paper towels or a rack at room temperature. Chef Bailey says 2 hours drying on the rack works well.

Preheat the oven to 350°F

Meanwhile, make the herb sachet. Place the black peppercorns, allspice, and bay leaves on cheesecloth. Fold the cheesecloth over and tie it off with butcher's twine. Set aside.

In a medium-size lidded pot or Dutch oven, heat the oil on medium-high temperature. Once the oil begins to smoke, add the dry, brined pork shanks and sear them on all sides, about 3 to 5 minutes per side, to get a nice brown color (don't worry if the shanks become dark; the cane syrup from the brine will caramelize in the heat, giving you a rich color). When you've rotated the shanks and seared all sides, remove them from the pan and set them aside on a sheet tray lined with a resting rack.

Carefully pour the fat out of the pot and into an empty can or bottle to let it cool. When the fat has cooled, dispose of it in the trash. Return the pot to the heat, then add the onion, cane syrup, and white wine. Stir to deglaze the pot and allow the onion and liquid to cook down, about 15 minutes. When the wine has mellowed—it should smell sweet and fragrant—put

the seared shanks back in the pot and add the herb sachet and just enough warmed pork stock to cover the meat.

Cover the pot and cook in the oven for about 4 hours, or until the meat is tender and falling off the bone.

When they're finished cooking, remove the pork shanks from the pot and set aside in a warm area. Place the pot on the stove over medium heat, cover, and reduce the braising liquid by half for approximately 15 minutes. Reduce the oven temperature to 180°F. Put the pork shanks back in the pot, cover, and return the pot to the oven for 1 hour.

Make the collard greens. Place the wood chips in a cast-iron skillet and set the skillet on the stovetop over high heat for about 15 minutes. Be sure your cooking space is well ventilated. The chips will get warm and slowly start to smoke. Once the edges of the chips turn black, give them a stir and heat for another 2 minutes, or until there is a steady stream of smoke coming from the skillet. You can also look for embers—another indication that the chips are hot enough.

De-stem (or devein) the greens by pulling the leaves off their center stem. Place the leaves in a bowl of cool water. Wash the greens by agitating them with your hands in the bowl. Use at least two changes of water until you don't feel any sediment in the bottom of the bowl.

On a work surface, stack the cleaned leaves and roll them lengthwise. Slice the leaves in ½-inch strips (chiffonade style) or chop them coarsely. Set them in a perforated pan and cover the pan with a lid.



Mold a sheet of aluminum foil into a cup shape and place it at the bottom of a deep pan. Once the wood chips are charred and you begin to see embers, pour the chips into the foil cup. Set the perforated pan of greens on top and place a towel on top of the lid to seal, smoking them for 20 to 25 minutes.

While the greens are smoking, place a lidded pot over medium-high heat. Add half of the olive oil. Sweat the shallots, onions, and leeks, about 5

minutes. Add a heaping pinch of salt. Add the smoked collards, another pinch of salt, and the remaining olive oil. Stir to incorporate well. Add the water and stir to incorporate all ingredients. Cover and continue to cook on a simmer for about 45 minutes.

After 5 hours, remove the pork from the oven. Serve the shanks whole over a bed of collard greens. Top with a coat of braising liquid.

SEAFOOD

MIDLIN

Serves 2 to 4

● Middlins, also known as broken rice or rice grits, are beloved throughout the U.S. today, and you'll find them served at celebrated fine-dining restaurants in the American South. But the broken pieces of rice weren't always treasured ingredients.

To understand the complex history of this ingredient, you must look to slavery in South Carolina, North Carolina, and Georgia, where West Africans from the Senegambia region were brought specifically for their expertise in cultivating the rice crop that would become known as Carolina Gold. (Note: Here, Carolina Gold is used to refer to the name of the historic rice grain, not the American rice brand by the same name.) That enslaved skilled labor formed the basis of the local economy for nearly 200 years; Carolina Gold was even exported to places throughout Europe and Asia. A by-product of the mortar-and-pestle polishing process, the middlins were considered unsellable leftovers that enslaved cooks were left to make delicious.

Those rejected pieces became foundational to cooking in America's Lowcountry (the region along South Carolina's coast), as their creamy texture is perfect for soaking up rich stews like the one Chef Bailey makes here. Carolina Gold fell out of production in the 20th century but was reintroduced in recent years to resounding acclaim.

While middlins are very starchy, you won't rinse them in this recipe because the starchiness helps bind the ingredients (like a risotto). Chef Bailey serves a version of this dish at the Grey.

Ingredients

FOR THE SHRIMP STOCK

2 qt water
1 lb shrimp shells (Chef Bailey recommends calling a fish market in advance and asking them to reserve the shells for you to purchase)

FOR THE MIDLIN

4 oz shrimp in their shells
2 oz extra-virgin olive oil, plus extra
¼ cup diced celery
¼ cup diced shallots
½ pint diced white onion
Salt to taste
2 cups Carolina Gold variety of rice grits
2 tbsp tomato paste
1 tsp saffron
4 oz dry white wine, preferably pinot grigio or sauvignon blanc
1½ qt shrimp stock
4 oz red snapper, skinned and diced (or another light flaky fish like flounder)
2 tbsp unsalted butter
1 oz fresh parsley, chopped (or fresh tarragon or chervil), plus extra for garnish

Method

Make the shrimp stock. In a large pot, bring 2 quarts of water to a boil. Add the shrimp shells and boil until the water turns golden brown, about 40 minutes. Strain the liquid and discard the shells. Bring the stock to a low simmer and let cook for another 40 minutes.

Meanwhile, peel and devein the shrimp, and set aside the shells. Roughly chop the shrimp, put them on a plate, and place in the refrigerator until ready to use.

In a wide-bottom saucepan, heat the olive oil over medium heat. Add the celery, shallots, onions, and a pinch of salt. Add more olive oil to coat, about 2 additional tablespoons. Sweat the vegetables until they're translucent and softened, about 5 minutes.

After 5 minutes, add the rice grits to the saucepan with another pinch of salt. Stir the rice grits so they're well incorporated with the oil and vegetables, and toast for about 5 minutes.

Add the tomato paste, and stir to evenly coat the rice grits. Add the saffron,

and stir to incorporate. Add the white wine to the saucepan, stir, and continue to cook until the wine has nearly evaporated and the aroma shifts from pungent to sweet, about 6 minutes.

After 6 minutes, begin ladling the simmering shrimp stock into the saucepan. Start with 5 ladles (or about 6 ounces of stock), then cook at a simmer, stirring until the rice grits absorb the stock, about 3 minutes. Once the first few ladles are fully absorbed, add another ladle and stir until the stock starts to evaporate and the rice grits soften, about 10 minutes. Continue this process until the rice grits are about 80 percent cooked through, roughly 20 minutes. If the rice grits begin to stick to the bottom of the pot, add a bit more liquid and gently stir. You can also turn the heat down slightly.

Once the rice grits are about 80 percent cooked through, taste them. If the rice is cooked but still has a little bit of texture, it's time to add your seafood.

Remove the shrimp and diced snapper from the refrigerator and add both to the saucepan. (Since both the shrimp and the snapper have been diced into small pieces, Chef Bailey says they do not need to be at room temperature before cooking.) Cook until the fish turns white and becomes firm and the shrimp turns pink, about 6 minutes. Turn off the heat.

After 6 minutes, add the butter and salt to taste. Add the chopped herbs. Stir again and spoon into bowls. Garnish with additional herbs and serve.





FISH AND GRITS

Serves 4

● Swiping a piece of peppery, cornmeal-crusting fish around a bowl of creamy stone-ground grits is a beloved breakfast, lunch, or dinner tradition throughout the American South—even if the pairing of fish and grits is often overshadowed by its shrimp and grits counterpart. Chef Bailey’s version of this dish at the Grey is an homage to her grandmother Geneva, who would fry her husband’s fresh catch of the day with white grits and serve it for dinner on Fridays.

Stone-ground white grits are the way to go here. The entire dried corn kernel is coarsely ground, which lends the grits a nice texture and makes them more flavorful than, say, the instant version. White grits have a milder corn flavor than the yellow variety—they pair well with eggs, bacon, and seafood. The Creole Sauce element in Chef Bailey’s dish is inspired by the gravy-like sauce in a classic shrimp étouffée. Fish and grits is wonderful plain; the sauce is a rich touch that takes the dish over the top.

Ingredients

FOR THE GRITS

3 qt water
2 qt heavy cream
1 qt grits (like Geechie Boy or Marsh Hen Mill stone-ground white grits)
1 lb unsalted butter, cubed
Salt to taste

FOR THE CREOLE SAUCE

300 g unsalted butter
275 g flour
500 g diced white onion
285 g diced green bell pepper
250 g diced celery
40 g minced garlic
20 g blackening spice (see recipe on page 28)
10 g white pepper
4 g cayenne pepper
5 g black pepper
8 g shrimp powder
250 g dry white wine, preferably pinot grigio or sauvignon blanc
1,500 g shrimp stock (double the recipe in Seafood Middlin on page 18)
453 g jumbo lump crab

FOR THE FISH

Peanut oil, for frying
4 whole fish fillets (such as whiting, trout, beeliner snapper, or black bass), cut into 2 to 3 slices totaling 6 oz per plate
2 cups corn flour
2 cups buttermilk
2 cups yellow cornmeal
Salt to taste
Cayenne pepper to taste

Method

Make the grits. In a stockpot, bring the water and a pinch of salt to a boil. Once boiling, add the heavy cream. When the liquid begins to boil again (not before!), stir in the grits. Bring the grits to a boil, reduce the heat to a simmer, and then cover and cook for 45 minutes.

Begin the Creole Sauce. Place a wide, heavy-bottomed saucepan over medium heat. Make a roux by melting the butter, adding the flour, and stirring to combine. Continue to stir the roux as the flour toasts and becomes a light brown color, about 10 minutes.

After 10 minutes, add the onion, bell pepper, and celery, and stir to incorporate. Add the garlic, stir again, and allow the mixture to cook down, about 4 to 5 minutes.

Check back in with your grits every few minutes and give them a good stir.

Return to the roux. Add a pinch of salt, and keep stirring gently, ensuring that the roux is evenly coating the vegetables. Once the vegetables have begun to soften and break down (after about 5 to 7 minutes), add the blackening spice, white pepper, cayenne pepper, black pepper, and shrimp powder. Stir to incorporate. Add the white wine to deglaze the pan.

Add the shrimp stock, pouring a little in at first. Stir the mixture, then add the rest. (You might want to switch from a spoon to a whisk at this point.) Reduce the heat and cook the sauce down for 20 minutes. After 20 minutes, fold the crab meat into the sauce. Set aside.

Make the fish. In a cast-iron skillet, heat the peanut oil to 325°F. Cut the fillets into thin slices and set aside. Place

three shallow baking dishes or other containers on a work surface. Add the corn flour to the first container, the buttermilk to the second container, and the cornmeal to the third container. Season each container with a pinch of salt. Add a pinch of cayenne to the buttermilk container. Stir or whisk each ingredient to blend the seasonings.

Season each slice of fish on both sides with salt. Using tongs or your fingers, dredge a slice in the corn flour, then the buttermilk (be sure to shake off any excess liquid), and finally the cornmeal. Set the slice of fish aside on a sheet tray. Repeat the dredging process for all slices of fish.

Check the temperature of your oil by dusting a pinch of cornmeal into the skillet. If the oil bubbles, it's ready. Gently lay one dredged piece of fish in the oil, and cook for 1 minute or so, allowing the oil to reheat before adding the other fillets. Add as many fillets as will fit in the pan without crowding. Fry each for about 3 minutes per side, or until the fillets turn golden brown. When each piece of fish is evenly browned on both sides, remove them from the pan. Lay on a rack or paper towel-lined plate to drain any excess oil. Season again with salt.

Check on the grits. Give them a taste. When there is no longer a hard bite to them, add the butter, stir, and then add the salt to taste. Stir once more and remove from the heat. You want them to have some texture but also taste smooth and creamy.

Plate the dish. Add a serving of the grits to a bowl. Ladle the Creole Sauce around the edge of the bowl, then place two slices of fish in the center. Serve immediately.



FOIE AND GRITS

Serves 8

● Beef liver and grits is a homey, hearty dish that Chef Bailey enjoyed when she was growing up. The classic pairing features a cut of liver that's dusted with flour, then seared and served with sautéed onions over grits.

Chef Bailey was craving those flavors one day and thought about how she might incorporate them into a dish that could be added to the Grey's repertoire. Inspired by her time spent in France, she opted for foie gras, or fatty duck liver, in place of the beef liver. Foie is super rich—a little goes a long way. The seared foie with grits was a huge hit at the restaurant, and whether you opt for foie or go with beef liver (see page 25), chances are you'll feel the same at home.

Ingredients

FOR THE FOIE GRAS

1 lb foie gras lobe, chilled
2 tbsp diced unsalted butter
1 cup julienned white onions
2 tbsp all-purpose flour
2 qt chicken stock
Cayenne pepper to taste

FOR THE GRITS

3 qt water
Salt to taste
2 qt heavy cream
1 qt grits (like Geechie Boy or
Marsh Hen Mill stone-ground
white grits)
1 lb unsalted butter, cubed

Method

Make the foie gras. Start with cold foie gras just out of the refrigerator. Using a sharp knife warmed under water, portion out the foie gras into 2-ounce pieces. Be sure to remove the veins from each piece.

Score one side of each piece of foie in a grid-like pattern to help concentrate the flavor and even out the heat distribution while searing. Salt each portion.

Place a nonstick pan over high heat. Make sure your pan is fully heated through so the sear is fast. Place the foie gras in the pan, scored side down, and use your fingers or a spatula to gently press it down. When the foie

gras reaches a deep brown color, after about 45 seconds to 1 minute, remove it from the pan and let it rest on a cooling rack. Discard the fat from the pan by pouring it onto a paper towel. Dispose of the paper towel in the trash. After removing the fat, don't wipe or wash the pan.

Return the unwashed pan to high heat and add the butter and onions. Stir to coat the onions in the melting butter and foie gras drippings. Add the flour to thicken the mixture, and whisk to combine. Add the chicken stock, and lower the heat. Whisk the mixture, and sprinkle in cayenne to your preferred taste. Whisk to combine, and cook for about 30 minutes, or until the chicken stock reduces. Remove the mixture from the heat once it reaches a gravy consistency, after about 30 minutes, and set aside for serving.

Make the grits. In a 4-quart saucepan with a lid, season the water generously with salt and bring to a boil. Add the heavy cream to the pot, and when the liquid begins to boil (not before), stir in the grits. Reduce the heat and simmer for about 45 minutes. After 45 minutes, add the butter to the grits and stir.

To serve, spoon a serving of grits into a bowl and place the seared foie gras on top. Add a spoonful of pan sauce, and serve immediately.



BEEF LIVER AND GRITS

Serves 10

Ingredients

FOR THE GRITS

3 qt water
Pinch of salt
2 qt heavy cream
1 qt Anson Mills grits
1 lb butter, cubed

FOR THE BEEF LIVER

3 oz canola oil
3 lb beef liver (purchase grocery store-portioned liver, about 5 oz each, for a quicker cook time)
Salt to taste
Pepper to taste
All-purpose flour (enough for dredging)

FOR THE ONION PAN SAUCE

Fond and fat from the beef liver pan
1 large yellow or Vidalia onion, julienned
2 cups chicken stock
½ tsp Charleston Hot powder
1 to 2 tbsp diced unsalted butter

Method

Make the grits. In a 4-quart saucepan with a lid, season the water generously with salt and bring to a boil. Add the heavy cream to the pot, and when the liquid begins to boil (not before), stir in the grits. Reduce the heat and simmer for about 45 minutes. After 45 minutes, add the butter to the grits and stir.

Meanwhile, prepare the beef liver. While the grits cook, heat the oil in a cast-iron pan over medium heat. Season the beef liver with salt and pepper, and then dredge it in flour. Sear the beef liver in the cast-iron pan for about 8 minutes, then remove it from the pan and place it on a plate lined with paper towels.

Make the onion pan sauce. Without wiping down the cast-iron pan, add the julienned onion and cook until it is translucent. Deglaze the skillet with chicken stock for 2 minutes and reduce the heat to medium. Cook until the liquid coats the back of a spoon

without running off quickly, about 25 minutes. Stir in the Charleston Hot powder and butter.

Plate the dish by spooning a portion of grits onto the plate and placing the beef liver on top. Finish with a drizzle of the onion pan sauce.



QUAIL WITH WATERMELON MOLASSES AND CORNBREAD DRESSING

Serves 3



Ingredients

FOR THE CORNBREAD DRESSING

1 8×8 pan of cornbread (store-bought is fine), cut into cubes
5 eggs
1 cup grated yellow onion
5 g minced fresh sage
2 g cayenne pepper
2 g black pepper
20 g salt

FOR THE BLACKENING SPICE

214 g sumac
221 g onion powder
108 g cayenne pepper
228 g garlic powder
644 g sweet paprika
214 g dark chili powder
430 g salt
43 g dried thyme
20 g dried oregano

FOR THE CREOLE SAUCE

300 g unsalted butter
275 g flour
500 g diced white onion
285 g diced green bell pepper
250 g diced celery
40 g minced garlic
20 g blackening spice
10 g white pepper
4 g cayenne pepper
5 g black pepper
8 g shrimp powder
250 g dry white wine, preferably pinot grigio or sauvignon blanc
1,500 g shrimp stock (double the recipe for shrimp stock on page 18)
Jumbo lump crab, oysters, or shrimp to taste (optional)

(Cont. on next page)

● When Chef Bailey was growing up, cornbread dressing made its annual holiday appearance alongside roasted turkey. Taking her cue from those festive meals, she's created a similar recipe—only this one uses quail instead of turkey. Chef Bailey says Cornish game hen or even pork chops would also work well in this recipe as substitutions.

Quail is a smaller bird with more year-round appeal that also conveys the tradition of trapping and hunting in the Georgia region. Cornbread dressing can vary in density; some people like it to be a bit lighter and moist—Chef Bailey included—but feel free to experiment and make the dressing your own.

Method

Make the cornbread. Bake your favorite cornbread recipe and allow it to cool completely or purchase pre-made cornbread from the grocery store. Cut the cornbread into small squares. Set aside.

Make the blackening spice. Add all of the ingredients to a bowl and whisk together. Set aside.

Preheat the oven to 325°F.

Begin the Creole Sauce. Place a wide, heavy-bottomed saucepan over medium heat. Make a roux by melting the butter, adding the flour, and stirring to combine. Continue to stir the roux as the flour toasts and becomes a light brown color, about 10 minutes.

After 10 minutes, add the onion, bell pepper, and celery, and stir to incorporate. Add the garlic, stir again, and allow the mixture to cook down, about 4 to 5 minutes. Add a pinch of salt, and keep stirring gently, ensuring that the roux is evenly coating the vegetables. Once the vegetables have begun to soften and break down (after about 5 to 7 minutes), add the blackening spice, white pepper, cayenne pepper, black pepper, and shrimp

powder. Stir to incorporate. Add the white wine to deglaze the pan.

Add the shrimp stock, pouring a little in at first. Stir the mixture, then add the rest. (You might want to switch from a spoon to a whisk at this point.) Reduce the heat and cook the sauce down for 20 minutes. After 20 minutes, fold in the crab meat, oysters, or shrimp to taste if preferred. Set the sauce aside.

Meanwhile, continue making the cornbread dressing. In a large mixing bowl, use your hands to crumble the cornbread cubes. In a smaller bowl, whisk the eggs and set aside. Return to the cornbread crumbles. Add the grated onion, sage, cayenne, and black pepper, and mix well by hand.

Remove the bay leaf and thyme sprigs from the stock mixture, and carefully pour the majority of the hot liquid over the cornbread mixture (reserve a small amount for a drizzle over the top of each dish when serving). Add the whisked eggs to the cornbread and stock a little bit at a time, stirring as you go to temper the mixture. Continue stirring well as you add the eggs until they're fully incorporated. The

Ingredients

FOR THE WATERMELON MOLASSES

1 whole watermelon (about 6 lb),
rind removed, deseeded, and
cubed

FOR THE QUAIL

3 whole quail (6 oz each)

3 tsp blended oil (olive oil and
canola oil), peanut oil, sunflower
oil, or canola oil, plus more
for cooking

¼ cup blackening spice, divided

mixture should be wet but not runny. Add the salt, and stir again.

Use a stick of butter to grease the sides and bottom of an 8-inch-square pan (nonstick spray is also fine). Pour the cornbread mixture into the pan and bake for about 1 hour. You want it to be a bit jiggly in the center. After 1 hour, remove the dressing from the oven and set it aside to rest.

Make the watermelon molasses. Use a juicer or blender to process the cubed watermelon into a juice. In a small saucepan, reduce the juice over low heat, stirring constantly. Be careful not to burn the liquid. Reduce and stir for about 25 minutes. The result will yield approximately ½ cup of molasses.

Make the quails. Place all of the quails in a large mixing bowl and drizzle them with 1 teaspoon of oil each. Sprinkle the blackening spice mix evenly over the quails and rub it in across each bird's surface. Transfer

the quails to a large plate. Cover them and allow them to marinate in the refrigerator for at least 4 hours or overnight. After at least 4 hours, remove the quails from the refrigerator and allow them to sit for a few minutes before you cook them (they don't need to be room temperature, but don't cook them cold).

Preheat the oven to 350°F.

Heat a generous drizzle of oil in a cast-iron pan set over medium-low heat until it looks wavy and starts to smoke, about 4 to 5 minutes. Place all three quails in the cast-iron pan and sear on all sides until the skin begins to brown and the spice rub starts to caramelize, about 2 minutes per side. Transfer the cast-iron skillet to the oven and cook for 6 to 8 minutes to reach a medium-rare cook temperature (you can cook them longer if you prefer the quail more well done). After 6 to 8 minutes, pull the skillet out of the oven and let the quails rest. Brush them with the watermelon molasses.

Spoon a serving of the cornbread dressing onto a plate. Place one quail next to the dressing and drizzle the reserved Creole Sauce over the whole plate. Serve immediately.





PICKLED OYSTERS

Serves 4

● Pickling is one of the oldest techniques for food preservation, and it's still a preferred method of food storage in the American South. Since growing seasons for many foods can be short, pickling is a great way to change up how you might normally eat an ingredient or ensure that you have it on hand during other times of the year. Here, Chef Bailey is pickling something a little unexpected: oysters.

The McIntosh oysters Chef Bailey uses in this recipe are from E.L. McIntosh & Son Seafood of Harris Neck, Georgia, an oyster farm that's about 50 miles from the Grey. Chef Bailey has had a long-standing relationship with E.L. McIntosh & Son and its senior proprietor, Earnest McIntosh Sr. (McIntosh and his son, Earnest Jr., even appeared in Chef Bailey's episode of the Netflix docuseries *Chef's Table*). Chef Bailey values her relationship with the McIntoshes as a crucial link to the Grey's story, highlighting the history of Black farmers and the generational legacy of folks in the region who've long stewarded the land and its bounty. Chef Bailey prefers thick-shelled American East Coast oysters because their flavors tend to be more suitable for cooking.

This recipe calls for blanching the oysters (see page 9 to learn more about this technique) because the pickle time is short. While a longer pickling time on its own would cook the oysters through and not require this additional blanch, the technique is important here to ensure that the oysters are cooked completely and ready to eat.

Give yourself time to prepare the pickling liquid in advance: Chef Bailey likes to let hers steep in the refrigerator for 2 to 3 days so that the liquid develops a richer flavor. This, in turn, will make for a tastier pickled oyster. If oysters aren't a favorite of yours, try pickling shellfish, like shrimp, or even clams.

Ingredients

FOR THE OYSTERS

12 oz fresh whole McIntosh oysters, or another thick-shelled fresh oyster such as Blue Point or Island Creek, oyster liquid reserved
Ice, for chilling the blanched oysters

FOR THE PICKLING LIQUID

¼ tsp whole allspice
2 tsp mustard seeds
1 tsp fennel seeds
4 each mace blades
1 cup water
1 cup oyster liquid
3 tbsp apple cider vinegar
1½ tbsp granulated sugar

FOR THE BLANCHING LIQUID

1 cup oyster liquid
1 cup water

FOR PLATING

Soda crackers
Lardo (cured pork fatback) or salumi
Serrano pepper, sliced
Fried chicken skin or store-bought pork rinds

Method

Prepare the oysters. Using a small paring knife, shuck each oyster over a container to catch the oyster liquid. Carefully wedge the knife between the lid and the bed of the oyster shell until you feel a gentle pop. (A good practice is to hold the oyster in a towel to keep your non-shucking hand safe.) Allow the oyster liquid to drain into the container, then remove the oyster from the bed with your knife and set it aside on a plate. Discard the shell. Repeat this process with the remaining oysters. Once you have caught all of the oyster liquid in the container, add as much water as necessary to reach 2 cups of oyster liquid. Set the oyster liquid aside.

Fill a large bowl with ice. Then place a second, smaller bowl on top of the ice. Set aside.

Make the pickling liquid. Crack the allspice seeds to help release their flavor. In a small saucepot, add the allspice, mustard, fennel, and mace blades. Pour in the water, the oyster liquid, and the vinegar, add the sugar, and bring the contents to a boil. Skim any foam from the surface with a spoon or ladle.

Once the pickling liquid reaches a boil, remove the saucepot from the heat. Transfer the liquid to a mason jar or other refrigerator-safe container with an airtight lid. Leave the liquid in the refrigerator for at least 1 to 2 hours or up to 14 days, depending on the freshness of the oysters—the longer it steeps, the better.

Make the blanching liquid. In a medium saucepan, bring equal parts oyster liquid and water to a simmer over low-medium heat. Skim any foam from the surface of the liquid with a spoon or ladle.

Add all of the shucked oysters to the blanching liquid. Blanch until the valves firm up and take shape, approximately 30 seconds to 1 minute. Using a slotted spoon, remove the oysters and transfer to the small bowl on top of the ice. Allow the oysters to chill for 5 to 10 minutes.

Remove the pickling liquid from the refrigerator and submerge the chilled oysters in the container. Reseal and return to the refrigerator to pickle for up to 10 days.

When you're ready to serve, lay a soda cracker on a plate. Place a slice of lardo or salumi on the cracker so that it is partially hanging off. Follow with a single oyster on the lardo or salumi, then fold the lardo or salumi over so the oyster is partially wrapped. Garnish with a slice of serrano and a piece of fried chicken skin or pork rind. Serve immediately.



OYSTER HAND PIES

Serves 6



Ingredients

FOR THE PICKLED CELERY

10 garlic cloves
3½ cups white vinegar
3½ cups water
1 cup sugar
¼ cup salt
7 bay leaves
1 tbsp dill seeds
½ tsp celery seed
½ tsp mustard seed
10 ribs of celery, peeled and diced

FOR THE PIE DOUGH

¼ cup ice water
2 tsp apple cider vinegar
2¼ cups all-purpose flour, plus
extra for dusting
1 tbsp sugar
1 tsp kosher salt
1 cup cold unsalted butter,
preferably with less than
80 percent fat content, cut
into 8 pieces

FOR THE FISH FUMET

2 tbsp blended oil (a mixture of
canola oil and olive oil), peanut
oil, or canola oil
1 carrot, diced
2 ribs celery, diced
4 sprigs of thyme
2 small fennel bulbs
2 bay leaves
1 tsp black pepper
1 cup pinot grigio
3 lb fish bones

(Cont. on next page)

● Hand pies are common in the American South, and when it comes to the filling, pretty much anything goes. Sweet versions like apple or peach hand pies can be found at bakeries and gas station food stands. At home, leftovers often make for a hearty and satisfying savory version.

Chef Bailey's recipe goes the savory route, and her expert layering of flavors is where this humble snack shines. When it comes to hand pies, you don't want to rush the process—instead, you want to stick to the “low and slow” method that's common in Southern American cuisine. With these hand pies, a lower heat setting and longer cook time make room for the ingredients to merge in ways that quick cooking can't achieve.

Note Chef Bailey's use of sherry in the filling here—sherry provides a subtle flavor that pairs wonderfully with seafood. Be sure to use the real thing (no sherry cooking wine!). You'll also benefit from tracking down benne seeds, which look a lot like white sesame seeds. The two are related, but benne seeds come from Africa, are quite popular and versatile in the American South, and carry a nuttier and more robust flavor. Your hand pie will be better for having them.

Note: The pickled celery required for this recipe should be made at least 2 weeks in advance.

Method

Make the pickled celery (at least 2 weeks in advance). Combine all of the ingredients except for the celery in a stainless steel saucepan set over medium heat. Steep the liquid for 30 minutes, then remove it from the heat and allow it to cool completely. Strain the pickle brine before pickling the celery.

Place the diced celery in a shallow baking dish. Pour the brine over the celery until the celery is completely covered. Place a piece of plastic wrap on top of the liquid—not on top of the dish—and refrigerate for at least 2 weeks.

Make the dough. In a small bowl, stir together the ice water and the vinegar, and set aside.

In a large bowl, combine the flour, sugar, and salt, and mix gently. Transfer half of the dry mixture into a food processor. Add half the butter to the food processor and pulse 5 or 6 times. Add the remaining half of the flour mixture and the remaining butter, taking care to minimize handling to keep the ingredients cool. Pulse another 5 or 6 times.

Transfer the dry mixture into the large mixing bowl. The butter should be in pea-size pieces or smaller. Use your hands to break up any pieces that are larger than that.

Make a well in your dry mixture. Pour in 2 tablespoons of the ice water-vin-

Ingredients

FOR THE FILLING

2 qt fish fumet
1 qt heavy cream
1 bay leaf
240 g butter
195 g diced sweet white onion
160 g diced fennel root
160 g all-purpose flour
125 g peeled, diced, boiled, and cooled Yukon gold potatoes
100 g diced pickled celery
4 g whole tarragon leaves
15 g salt
50 g Manzanilla sherry wine
2 cups shucked oysters
1 egg beaten with 2 tbsp water, for egg wash

FOR THE GARNISH

Benne seeds or sesame seeds

egar mixture and stir. Continue adding 2 tablespoons of the liquid at a time, stirring after each addition, scraping down the sides of the bowl and folding in the flour.

After incorporating all of the liquid, pinch the dough. If it holds together but still feels dry, it's ready. If it's too dry, add another 1 to 2 tablespoons of the ice water-vinegar, scraping and folding after each addition. If it's slightly too wet, add a little flour.

Lightly flour a flat work surface. Transfer the dough onto the surface and gently knead it into a disc. Wrap the disc tightly in plastic wrap and refrigerate for at least 1 hour or up to 2 days.

When you're ready to prepare your hand pies, remove the dough from the refrigerator and bring it to room temperature. Lightly flour a flat work surface. Place the disc on the work surface and divide it in half. Dust half of the dough with flour. Using a rolling pin, roll the dough until it's circular and $\frac{1}{4}$ of an inch thick. Ensure throughout that the dough doesn't stick to the surface top.

Using a 6-inch-round cutter, cut out 3 circles of dough. Place the dough circles on a sheet tray and transfer the tray to the refrigerator. Repeat the rolling and cutting process with the second half of the dough, and transfer the second set of dough circles to the refrigerator. Let the dough rest while you make the fish fumet and the filling.

Make the fish fumet. Pour the oil into a rondeau pan set over low heat. Add the diced vegetables and sweat them with all of the aromatics for about 10 minutes. Add the white wine and reduce by $\frac{3}{4}$, about 7 minutes. Add the fish bones, and cover everything in the pan with water. Bring the fumet to a boil, and then reduce to a

simmer. Simmer the fumet for 30 minutes. Strain the fumet and reduce it further if you're looking for a more intense flavor.

Start the filling. In a medium saucepan, add the fish fumet, heavy cream, and bay leaf. Bring the liquid to a simmer and cook until the liquid has reduced by $\frac{1}{3}$, about 15 minutes.

While the fumet mixture is reducing, place a heavy-bottomed saucepan over medium heat. Melt the butter. Add the onion and fennel, and sweat them until they're translucent, about 5 minutes. Keep stirring gently and keep your eye on the heat—you don't want to brown the butter.

After 5 minutes, add the flour to the saucepan to create a roux. Continue to cook over low heat until the flour is fragrant and smells a bit nutty, about 10 to 15 minutes.

After 10 to 15 minutes, add the fish fumet and cream mixture to the roux in small quantities, incorporating the liquid with a whisk with each addition. This helps to avoid flour lumps. Once the fumet is fully incorporated in the roux, bring the mixture to a boil. Cook for 10 to 15 minutes, or until the mixture coats the back of a spoon without running.

After 10 to 15 minutes, add the potatoes, pickled celery, fresh tarragon, salt, and, last, the sherry wine to the saucepan. Gently stir to incorporate all of the ingredients. Continue cooking the mixture over low heat for another 3 to 4 minutes. Remove from heat and set aside to cool.

Fill the dough. Preheat the oven to 400°F, and remove the pie discs from the refrigerator.

Dust a flat work surface with flour, and lay out your dough circles. Each circle should yield 1 hand pie.

Working on 1 hand pie at a time, spoon about 1½ tablespoons of filling into the center of the dough, then place 2 to 3 raw oysters on top of the filling. Brush the egg wash around the edge of the dough. Fold the pie in half and lightly press down on the edge with your fingers to seal the hand pie. Use a fork to crimp the edge. Repeat this process with the remaining 5 circles of dough.

Place the crimped hand pies on a sheet tray lined with parchment paper. Using a small knife, create 3 small slits in the top of each pie to allow steam to escape. Be careful to not drag the knife too forcefully.

Brush each hand pie top with egg wash and then sprinkle with benne seeds. Bake until the pie dough turns golden brown, about 15 minutes. Let the hand pies rest and cool slightly before serving.





OKRA GUMBO Z'HERBES

Serves 8

- The roots of gumbo are in Africa, but ultimately it's the culinary outcome of several intersecting cultures: broadly, African, Native American, and European. Gumbo is a roux-based soup that can range from thin to gravy-thick; traditional preparations often use okra as a binding agent, with proteins like chicken, shrimp, and crab added based on preference. Okra comes from the African continent, where the pod of the vegetable is used in all manner of soups and stews.

The word *gumbo* is a derivative of *guingombo* and *ochingombo*, words for okra in the Bantu language, spoken throughout parts of Africa. In French, the word *gombo* also refers to okra, all of which illustrates the Creolized blending the dish experienced in southern Louisiana—where gumbo is most popular.

Chef Bailey's version of gumbo takes a cue from heralded Creole chef Leah Chase, the matriarch of Dooky Chase's restaurant in New Orleans. Chase was known as much for her food and hospitality legacy as she was for feeding leaders of the American Civil Rights movement (along with modern-day American presidents like Barack Obama and George W. Bush). Chase popularized this dish during Lent, when many forgo meat; her gumbo z'herbes was renowned for using nine different greens (the dish is still on the restaurant's menu). In this recipe you'll char the okra rather than stew it in the pot, which is traditional. This lends a smoky flavor and chunky texture to the soup.

Ingredients

FOR THE HERB SACHET

5 g fresh thyme
3 g whole allspice
3 g bay leaf

FOR THE GUMBO

370 g unsalted butter
370 g all-purpose flour
2 cups diced white onion
1 cup diced green bell pepper
1 cup chopped celery
2 cups minced shallots
4 qt chicken stock
2 cups okra, sliced in half lengthwise
12-in hotel pan of kale
1 green cabbage head, diced
12-in hotel pan of bok choy
2 qt chopped dandelion greens

Method

Make the herb sachet. Place the thyme, allspice, and bay leaves on cheesecloth. Fold the cheesecloth over and tie it off with butcher's twine. Set aside.

Make the gumbo. In a Dutch oven or stockpot set over medium heat, heat the butter until it's just smoking, about 8 minutes. Sprinkle in the flour and stir with a wooden spoon to create a roux. Once the flour starts to brown, after about 4 to 5 minutes, reduce the heat to low and stir slowly until the roux is the color of milk chocolate, about 6 to 8 minutes. Add the onion, bell pepper, celery, and shallots, and stir to coat the vegetables in the roux.

Deglaze the pan with the chicken stock and simmer until everything is incorporated, about 4 to 5 minutes. When the mixture returns to a boil, add the herb sachet, and allow the mixture to simmer.

Set a dry cast-iron skillet over high heat. Press the halved okra slices into the pan facedown. Don't use any oil or butter on the skillet surface. You need a hot, dry skillet to bring the char along.

Meanwhile, add the kale, cabbage, bok choy, and dandelion greens to the Dutch oven or stockpot, cover the pot, and cook the gumbo down for 45 minutes. After 45 minutes, remove the gumbo from the heat.

Check the progress of the okra. Cook until charred, about 3 to 5 minutes. The edges should start to brown. Once charred, flip and char the other side for 1 minute. To get the rich flavor you want for this recipe, it may take up to 6 to 7 minutes to cook the okra.

Spoon a serving of gumbo into a bowl. Top each serving with several pieces of okra. Serve with rice or cornbread.





“The first thing that I hope that you do when you finish this MasterClass is to not be afraid to explore your own personal cooking style.”

— CHEF BAILEY



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