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December 14th, 2010  
05:00 PM ET

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## 5@5 - Chef Steven Satterfield

*5@5 is a daily, food-related list from chefs, writers, political pundits, musicians, actors, and all manner of opinionated people from around the globe.*

**Steven Satterfield** is the chef and co-owner of Miller Union in Atlanta, Georgia. In 2010, **Miller Union** was named one of *Bon Appétit* magazine's "**10 Best New Restaurants in America**," one of *Esquire* magazine's "**Best New Restaurants**" and a semifinalist for the James Beard Foundation's "Best New Restaurant" Award. We're not ones to jump to conclusions, but yeah, he's obviously doing something right.

How does one do it, you ask? Well lucky for us, we're being allowed to peek behind the wizard's...er...chef's curtain.

[editorial]



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## **Favorite Secret Culinary Weapons: Steven Satterfield**

### **1. Country ham**

"I love the smoky, musky flavor that it adds to food. Also, you'll notice that there is a real flavor profile difference between smokehouses and ages on the hams. My current favorites are Benton's from [Benton's Smoky Mountain Hams](#) in Tennessee and [Colonel Bill Newsome's Aged Kentucky Hams](#) from, well of course, Kentucky. Virginia hams rock too, so I'm not playing favorites, mountain folks. If used as a seasoning in foods, it is like the best tasting salt you've ever cooked with."

### **2. Nutmeg**

"I love nutmeg. It is incredible in savory things as well as sweets. I use it in a lot of things where most people might use black pepper. It's amazing with cauliflower, turnips, green tomatoes, rutabagas, sweet corn, parsnips, sweet potatoes and mustard greens to name a few. Used sparingly of course – we all know that if you use too much nutmeg there's **a risk of experiencing hallucinations!**"

### **3. Hot peppers**

"Jalapeños, serranos, cayenne, habañeros, Bird's eye, Padrón, Datil, chile d'arbol, guajillo - they are all wonderful and delicious, but a little goes a long way. The food at Miller Union is not spicy per se, but a good hot pepper can flavor soups, broths, stews and braises like nothing else. Dried chiles add an amazing depth to lamb or beef cheeks in a braise. Hot chiles lightly grilled (and their seeds removed) can be incredible in a potato soup or blended with roasted eggplant. Fresh chopped hot chiles are hands down the best flavor in shrimp and grits. And of course, there's always hot pepper vinegar for your greens and beans! Also Justin Burdett (the Chef de Cuisine at Miller Union) makes a killer smoked habañero hot sauce that we only give out to the regulars that know about it."

### **4. Seasoned cream**

"Fresh, good, local dairy is the key to any good recipe, but try seasoning with different flavors and adding to a dish, and you will be blown away. The farm egg baked in celery cream has become an iconic Miller Union dish that would cause an uproar if ever removed from the menu. We steep the cream in celery, onion, shallot, black pepper and thyme and then strain the solids out. It's like making tea but with cream. We also use this same flavor profile for scalloped green tomatoes. Additionally, seasoned cream can be a great start to an ice cream base, with dried or fresh herbs or tea leaves, like rosemary, thyme, cardamom, black pepper or Earl Grey tea."

### **5. Pickled anything**

"I love **good pickles**. And I'm not just talking about cucumber pickles (which, by the way, if you've never tried one of our Hilda's icebox pickles at lunch, you are totally missing out. It's my grandmother's recipe.) We serve all kinds of good **pickled things** with pâtés and terrines, or even with pork belly. It's a great way to cut through the fat and add a top note that will let your meat sing. Some recent favorites are cherry tomatoes, okra, radishes, blackberries, carrots, peaches, plums, and turnips to name a few."

### **6. Bacon fat**

"O.K., I know this is supposed to be five things, but I could not leave out bacon fat. I will blend into a recipe that has extra virgin olive oil or butter to add an amazing smokiness and depth to just about anything. Sorry - it needed its own category."