

CountryLiving

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[editorial]



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Where Down-Home Meets Deluxe

At Atlanta's Miller Union, chef Steven Satterfield cooks up inspired renditions of familiar Southern favorites, all made with the finest local ingredients. Behold his way with grits and collards.



THIS PAGE A light vegetable broth lets the delicate flavor of spring's first peas, carrots, radishes, and scallions shine forth.

OPPOSITE PAGE Chef Steven Satterfield delivers the main course, a rice dish made with shrimp and smoked sausage.

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[editorial]



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"I love a simple salad," says Satterfield, who pairs fresh-picked arugula and baby lettuces with soft-boiled farm eggs and crispy, oven-roasted oyster mushrooms.



A riff on Italian rice balls, Miller Union's grits fritters open to reveal flecks of country ham and creamy cow's-milk cheese made in Thomasville, Georgia.

The Menu

Appetizers

ENGLISH-PEA SOUP

ARUGULA AND
BABY LETTUCE SALAD
*with soft-boiled eggs and roasted
oyster mushrooms*

GRITS FRITTERS
with country ham and cheese

Main Course

SAVANNAH RED RICE
with shrimp and smoked sausage

BRAISED EARLY-SPRING GREENS

SEA ISLAND RED PEAS

BUTTERMILK CORNBREAD

Dessert

BUTTERMILK CUSTARD
*with navel oranges
in red wine syrup*

Wine

COPAIN "TOUS ENSEMBLE"
ROSÉ 2009

Amid the current craze for seasonal, locally sourced meals, Atlanta's Miller Union—one of the hottest American restaurants to open in the past two years—has grabbed its fair share of acclaim. But chef Steven Satterfield remains humble about what he does: "Our only angle is that the food we make taste good," he says. "We don't have qualms about including grits, green tomatoes, or chicken livers on the menu."

FOR THE RECIPES, turn to page 128.

And indeed, the fare at Miller Union calls to mind the satisfying, Southern-inspired dishes Grandma might have made...only much, much better.

Those chicken livers Satterfield serves? They're not your usual fried nuggets, but rather whipped into an airy cloud of sweet mousse for spreading on cranberry-walnut toast. The chef's version of grits and ham combines those two standbys into one perfect little fritter, made more



Chef Steven Satterfield

[editorial]



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Anatomy of a Farm-to-Table Meal

Local products provide the foundation for all of Miller Union's fresh, seasonal dishes.

Buttermilk Cornbread

"I like the texture of Red Mule Polenta de Georgia, a coarsely ground cornmeal from Mills Farm in Athens, Georgia," Satterfield says.

Braised Early-Spring Greens

Instead of serving just collards or mustards, the chef mixes both with chard and kale—all grown on a nearby farm.

Savannah Red Rice with Shrimp and Smoked Sausage

"Why would I ever use farm-raised shrimp when I can get wild ones caught off the Georgia coast?" asks Satterfield, whose Southern-style paella also includes spicy homemade andouille.

Sea Island Red Peas

The folks at Anson Mills in neighboring South Carolina have been largely responsible for ensuring that these ruddy heirloom field peas, a staple in the antebellum South, remain in cultivation, notes Satterfield.



delectable by the addition of creamy Thomasville Tomme cheese tucked inside. And there are some key traditions to which Satterfield stays true, like smoking Georgia-raised hams in-house and pickling his own produce.

"We try to walk the walk and support area purveyors, which also means we end up with some of the best ingredients available," the chef says. So for the family-style dinner featured here—inspired by the monthly harvest feasts Miller Union

hosts for the first 48 guests to reserve a seat—Satterfield employed his home-state advantage for nearly every course: from the meal used to make cornbread to salad greens to the shrimp that star in a Low-Country paella.

"There's a culinary revival taking place in the South," notes Satterfield. "We're excited to be part of the push to bring back the simple, locally sourced meals people love but just don't have the time to cook for themselves anymore." ♦

FOR THE RECIPES, turn to page 128.

[editorial]



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THIS PAGE Navel oranges in a red wine syrup add tangy balance to Satterfield's silky buttermilk custard, his Southern spin on panna cotta.

OPPOSITE PAGE, BOTTOM LEFT Satterfield sets the table at his harvest dinners with home-made garnishes like pickled okra and hot pepper vinegar—both made using canning recipes passed down from his maternal grandmother, Hilda Duckworth.

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[editorial]



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Where Down-Home Meets Deluxe

PAGES 100-105

From grits fritters to braised greens, Chef Steven Satterfield shares 10 Southern-accented recipes from his Atlanta restaurant, Miller Union.



English-Pea Soup

Makes 10 servings. Working time 20 min.
Total time 1 hr. 15 min.

- 6 tablespoons unsalted butter
- 2 fennel stalks, thinly sliced
- 1 carrot, thinly sliced
- 1 parsnip, thinly sliced then quartered
- 8 cups homemade vegetable broth* (recipe below) or store-bought
- 1 pound fresh or frozen English peas
- 2 scallions, thinly sliced
- 8 radishes, thinly sliced then quartered
- 1 teaspoon each minced fresh tarragon leaves, parsley leaves, and chives

In a large stockpot over medium-high heat, melt butter. Add fennel, carrot, and parsnip and sauté until crisp-tender, about 5 minutes. Add vegetable broth, increase heat to high, and bring to a simmer. Add peas and cook until tender and bright green, about 2 minutes. Garnish soup with scallions, radishes, and herbs and serve.

PER SERVING protein: 3 g; fat: 8 g; carbohydrate: 10 g; fiber: 3 g; sodium: 353 mg; cholesterol: 18 mg; calories: 121.

*Vegetable Broth

- 2 tablespoons extra-virgin olive oil
- 2 spring Vidalia onions or 1 leek, sliced

- 1 fennel bulb, diced
- 2 celery ribs, diced
- 1 parsnip, diced
- 1 carrot, diced
- 1 shallot, diced
- 2 tablespoons kosher salt
- ½ teaspoon freshly ground pepper
- 1 garlic clove, thinly sliced

In a large stockpot over medium-high heat, heat oil. Add next six ingredients and sauté until soft, about 10 minutes. Add salt, pepper, and garlic. Add 1 gallon water and simmer until flavor develops, 45 minutes to 1 hour. With a fine-mesh strainer, separate solids from broth and discard.



Arugula and Baby Lettuce Salad with Soft-Boiled Eggs and Roasted Oyster Mushrooms

Makes 10 servings. Working time 15 min.
Total time 45 min.

- 1 pound oyster mushrooms, sliced
- ¾ cup plus 3 tablespoons extra-virgin olive oil
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground pepper
- 6 tablespoons sherry vinegar
- 2 tablespoons Amontillado sherry (or red wine vinegar or sherry vinegar)
- 6 garlic cloves, halved
- 1 tablespoon honey
- 2 teaspoons Dijon mustard

- 2 bunches arugula (about ½ pound), torn
- 3 bunches baby spring lettuces (about ¾ pound), torn
- 10 soft-boiled eggs, peeled, quartered, and lightly salted
- 2 teaspoons minced chives, for garnish

1. Preheat oven to 450°F. Toss mushrooms with 3 tablespoons olive oil and ¼ teaspoon each salt and pepper. Roast in a shallow baking pan until tender, about 20 minutes. Stir, then roast for 10 minutes more.

2. Meanwhile, in medium bowl, whisk together vinegar, sherry, garlic, honey, mustard, and remaining salt and pepper. Drizzle in remaining olive oil, whisking continuously. Remove garlic cloves before dressing salad.

3. On a large platter, toss salad greens and mushrooms with vinaigrette. Line platter with eggs. Top eggs with chives.

PER SERVING protein: 9 g; fat: 26 g; carbohydrate: 6 g; fiber: 1 g; sodium: 581 mg; cholesterol: 212 mg; calories: 283.

Grits Fritters with Country Ham and Cheese

Makes about 40 fritters. Working time 1 hr. 15 min. Total time 2 hr., plus cooling.

- 1½ cups whole milk
- ¾ teaspoon kosher salt, plus more to taste
- 1½ cups coarse or stone-ground grits,* rinsed
- ½ cup heavy cream
- 6 ounces country ham, finely diced
- 6 ounces Thomasville Tomme cheese† or Gouda, rind removed and cut into ¼-inch cubes
- 6 cups canola or peanut oil, for frying
- ⅓ cup all-purpose flour, for frying

1. In a medium saucepan over high heat, bring 2 cups water, milk, and ¾ teaspoon salt to a boil. Reduce heat to medium and slowly add grits in a stream, whisking constantly to avoid lumps.

*Check your grocery store for stone-ground grits or order at ansonmills.com (\$5.95 for 12 ounces).

†Order Thomasville Tomme cheese (\$15 per pound) at sweetgrassdairy.com.

2. Reduce heat to low and add heavy cream. Cook over low heat, stirring frequently, until grits are completely soft, about 50 to 60 minutes. Remove from heat, stir ham into grits, and let grits cool completely. (Grits can be cooked up to a day ahead and stored, covered, in refrigerator.)

3. Using a small ice-cream scoop or a spoon, scoop up about 2 teaspoons grits. Insert a cube of cheese into grits and, using your hands, shape grits around cheese to form a ball. Repeat with remaining grits and cheese.

4. Heat oil to 350°F in a large pot fitted with a deep-fry thermometer over medium-high heat. Preheat oven to 250°F. Place flour on a small plate. In batches of 6, roll fritters in flour to lightly coat, then deep-fry until golden brown, 2 to 3 minutes. Transfer fritters to paper towels to drain. Season with salt, then transfer to a sheet pan in oven to keep warm until all batches have been fried.

PER SERVING (ABOUT 4 FRITTERS) protein: 20 g; fat: 24 g; carbohydrate: 26 g; fiber: 1 g; sodium: 845 mg; cholesterol: 71 mg; calories: 391.



Savannah Red Rice with Shrimp and Smoked Sausage

Makes 10 servings. Working time 20 min.

Total time 1 hr. 15 min.

- 4 tablespoons unsalted butter
- ¼ cup bacon fat
- 1 small yellow onion, diced
- 2½ celery ribs (with inner leaves included), diced
- 2 garlic cloves, minced
- 2 (14½-ounce) cans organic plum tomatoes, drained and chopped
- 2 cups chicken stock

- 2 tablespoons homemade Hot Pepper Vinegar (recipe on following page)
- 2 bay leaves
- 2 dried chiles (such as chiles de arbol), chopped
- ¾ teaspoon dried thyme
- 1 teaspoon freshly ground pepper
- Kosher salt, to taste
- 2 cups Carolina Gold* or basmati rice
- 1 pound shrimp, peeled and deveined
- 1 pound smoked sausage (such as andouille), grilled and sliced into ½-inch-thick pieces

1. In a large skillet over medium-high heat, melt together half the butter and half the bacon fat. Add onion, celery, and garlic and sauté until tender, about 5 minutes. Add tomatoes, chicken stock, vinegar, bay leaves, chiles, thyme, and pepper and reduce heat to medium-low; simmer for about 15 minutes. Season with salt.

2. In a large cast-iron skillet over medium heat, melt together remaining butter and bacon fat and sauté rice until opaque, 5 to 6 minutes. Add 4 cups tomato mixture and cook, covered, on very low heat, about 30 minutes. Turn off heat and allow rice to rest, covered, for 5 more minutes.

3. In a separate pan, sauté shrimp in remaining tomato mixture until tender, about 5 minutes; then add grilled sausage.

4. Fluff rice with a fork and combine with shrimp-and-sausage mixture.

PER SERVING protein: 19 g; fat: 24 g; carbohydrate: 38 g; fiber: 1 g; sodium: 686 mg; cholesterol: 114 mg; calories: 450.

*Order Carolina Gold rice (\$6.95 for 14 ounces) at ansonmills.com.



Braised Early-Spring Greens

Makes 10 servings. Working time 20 min.

Total time 1 hr. 25 min., plus cooling.

- ¼ cup extra-virgin olive oil
- 1 large onion, cut into thin crescents
- 2 garlic cloves, thinly sliced
- 1 tablespoon kosher salt
- 1 teaspoon crushed red pepper
- 12 cups chicken stock
- 1 bunch (about 1 pound) each collard greens, chard, kale, and mustard greens, stems trimmed

1. In a large stockpot over medium-high heat, heat oil. Add onion, garlic, salt, and red pepper and sauté until tender, about 8 minutes. Add chicken stock and bring to a simmer, about 5 minutes.

2. Add collard greens to pot and simmer in broth for 15 to 20 minutes. Using tongs, remove from broth, shaking off any excess liquid. Transfer to a sheet pan and spread out to cool (this will help greens retain their color). Repeat with remaining greens one bunch at a time, cooking each separately for 10 to 15 minutes.

3. Remove stockpot from heat while greens cool. Then add all cooled greens back to pot together and gently reheat to desired temperature over low heat.

PER SERVING protein: 5 g; fat: 6 g; carbohydrate: 11 g; fiber: 4 g; sodium: 1,137 mg; cholesterol: 0 mg; calories: 108.



Sea Island Red Peas

Makes 10 servings. Working time 10 min.
Total time 1 hr. 40 min.

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon unsalted butter
- 2 celery ribs, diced
- 1 small onion, diced
- Kosher salt and freshly ground pepper, to taste
- 2 cups dried Sea Island red peas* or black-eyed peas, soaked overnight, drained, and rinsed
- 8 cups chicken or vegetable stock

1. In a large, heavy-bottomed pot over medium-high heat, heat oil and butter.

Add celery and onion and sauté. Season lightly with salt and pepper and cook until vegetables are tender, about 5 minutes.

2. Add peas and stock. Cover and simmer over medium heat until peas are tender, about 1¼ hours. Season broth with salt and pepper and simmer until peas absorb salt, about 15 minutes more.

PER SERVING protein: 8 g; fat: 4 g; carbohydrate: 21 g; fiber: 6 g; sodium: 467 mg; cholesterol: 3 mg; calories: 154.

*Order Sea Island red peas (\$5.95 for 14 ounces) at ansonmills.com.

Buttermilk Cornbread

Makes 10 servings. Working time 15 min.
Total time 40 min.

- 1½ cups coarse cornmeal, such as Red Mule Polenta de Georgia*
- 1 cup all-purpose flour
- 1½ tablespoons kosher salt
- 1 teaspoon baking soda
- 3 large eggs
- 1½ cups buttermilk
- 1 stick unsalted butter, melted; plus more for greasing pan

1. Preheat oven to 350°F. In a medium bowl, whisk together cornmeal, flour, salt, and baking soda. In a separate bowl, whisk eggs. Add buttermilk. Stir egg mixture into cornmeal mixture, then stir in melted butter. Whisk until ingredients are combined.

2. Butter a 9-by-13-inch baking pan. Pour cornbread batter into prepared pan and bake until a toothpick inserted in the center tests clean, about 25 minutes. Transfer to a wire rack and let cool before slicing.

PER SERVING protein: 6 g; fat: 12 g; carbohydrate: 25 g; fiber: 2 g; sodium: 697 mg; cholesterol: 89 mg; calories: 229.

*Order Red Mule Polenta de Georgia (\$3.50 for 2 pounds) from Mills Farms; 706-543-8113.



PICKLING YOUR OWN PRODUCE

Chef Steven Satterfield divulges his grandmother's recipes for two family specialties.

For both recipes below, begin by sterilizing a clean 1-quart glass canning jar and lid in a pot of boiling water for 15 minutes. Use tongs to remove the lid and the jar, which should still be hot when filled with the okra or hot peppers.



Pickled Okra

Makes 1 quart (8 servings). Working time 15 min. Total time 30 min.

STEP ONE: Fill sterilized jar with 1 pound okra, stems trimmed; 1 thinly sliced small sweet onion, such as Vidalia; 1 thinly sliced garlic clove; 1

dried chile, such as ancho or chile de arbol; 1 teaspoon each black peppercorns and coriander seeds; ½ teaspoon each mustard seeds, fennel seeds, and whole allspice; and 2 whole cloves. **STEP TWO:** In a large pot over high heat, combine 2 cups apple cider vinegar, 2 cups water, 3 to 4 tablespoons kosher salt, and 1 to 2 tablespoons sugar and bring to a boil. **STEP THREE:** Ladle hot brine over okra and seal jar. Allow jar to sit for a minimum of 1 week to marry the flavors before using. Refrigerate after opening.



Hot Pepper Vinegar

Makes 1 quart. Working time 15 min. Total time 30 min.

STEP ONE: Fill sterilized jar with 1 pound assorted hot peppers, such as jalapeños, serranos, and habaneros. **STEP TWO:** In a large

pot over high heat, bring 4 cups apple cider vinegar and 2 tablespoons kosher salt to a boil. **STEP THREE:** Remove pot from heat and ladle piping-hot vinegar-salt mixture over peppers; seal jar. Allow jar to sit for a minimum of 1 week to marry the flavors before using. Refrigerate after opening.

Serve Hot Pepper Vinegar as a condiment to drizzle over greens, fried meats, and rice dishes.



Buttermilk Custard with Navel Oranges in Red Wine Syrup

Makes 10 servings. Working time 25 min.

Total time 2 hr. 15 min.

- 1 envelope powdered gelatin
- 3 cups buttermilk, cold
- 1 cup heavy cream
- 3 cups plus 2 tablespoons sugar
- Kosher salt
- 1 (750 ml) bottle light red wine, such as Pinot Noir or claret
- 7 black peppercorns

- 2 navel oranges, peeled, segmented, and cut into bite-size pieces; reserve peel of 1 orange
- 2 red navel oranges, peeled, segmented, and cut into bite-size pieces

1. Fill a double boiler with water and set over low heat, bringing water to a simmer. Meanwhile, in a small bowl, sprinkle gelatin over buttermilk and allow to soften and expand, about 1 minute. Pour gelatin-buttermilk mixture into top of double boiler and heat, stirring constantly, until gelatin is completely dissolved, about 2 minutes, making sure liquid does not boil. Remove from heat and set aside.

2. In a medium saucepan over medium-high heat, bring heavy cream and 1 cup plus 2 tablespoons sugar to a boil. Remove from heat and add to gelatin-buttermilk mixture. Stir to combine, then pour mixture through a fine-mesh strainer. Season with salt. Divide custard among 6-ounce glasses and refrigerate until

chilled and set, about 2 hours.

4. Meanwhile, in a large saucepan, combine wine, remaining 2 cups sugar, peppercorns, orange peel, and 1 teaspoon salt and bring to a boil. Lower heat and simmer, uncovered, until mixture is reduced by one-third, 20 to 30 minutes. Remove from heat and let cool.

5. Divide orange segments over custards in glasses, then top fruit with 3 to 4 tablespoons red wine syrup and serve immediately. Any extra syrup can be stored in an airtight container in the refrigerator for up to 6 months.

PER SERVING protein: 6 g; fat: 10 g; carbohydrate: 76 g; fiber: 1 g; sodium: 329 mg; cholesterol: 36 mg; calories: 456.