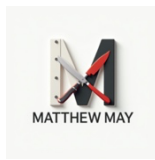


## “Southern Classics”

April 24, 2026



### SMOKED GOUDA GRITS

- 2 TBSP. bacon fat**
- 1 medium yellow onion, diced**
- 2-cups grits, coarse corn meal, or quick-cooking grits**
- 4-5-cups chicken stock**
- 1-pound smoked gouda, shredded**
- 1/8-tsp. cracked black pepper**
- 2 green onions, chopped (optional for garnish)**

Over medium heat, add bacon fat and onions to a medium size saucepan. Sauté onions until they are tender and slightly browned. Add 4 cups of chicken stock, stir, and bring to a gentle simmer. Using a whisk, begin adding the grits to the hot chicken stock, one cup at a time, whisking between each addition. The mixture will begin to thicken. Now, using a wooden spoon, continue to stir grits, and add a bit more chicken stock when necessary. Once the grits have reached your desired consistency, remove the pan from the heat and add the shredded cheese. Stir. Add black pepper and continue to stir until grits are smooth and creamy. You still may need to add a bit more chicken stock, as the grits will continue to thicken. Transfer to your serving bowls or dish. Garnish with chopped green onions and enjoy!

### LEMON BROWN BUTTER SEARED SHRIMP

- 1-pound shrimp; peeled, deveined, and tail removed**
- 4 TBSP. unsalted butter**
- ¼-tsp. salt**
- ¼-tsp. cracked black pepper**
- Juice from fresh lemon**

Heat butter in a large non-stick skillet or cast-iron pan over medium heat. Allow the water from the butter to evaporate. Do not stir. The butter will become foamy as the milk fat rises to the top and the milk solids fall to the bottom. Swirl the pan to evenly distribute the water throughout the butter. This will help the water (moisture) evaporate faster. After all the water has evaporated from the butter, the milk solids will begin browning on the bottom of the pan. Carefully place the shrimp in the pan, leaving a bit of space between each shrimp so they are not touching each other. This will allow any moisture from the shrimp to evaporate easily. Once the inner ‘belly’ portion of the shrimp have turned pink, turn them over and cook for another 1 minute only. Remove the shrimp immediately from the pan and transfer them to a plate or serving platter. The shrimp are still slightly underdone on the inside at this point. This is perfect, as they will “carry over” (finish cooking) on the plate while you finish the sauce. Remove the pan from heat and stir in fresh lemon juice and salt and pepper to taste. Swirl pan to incorporate lemon juice with brown butter (acid and fat). Taste and adjust seasoning if needed. You should taste a delicious balance of fat (nutty browned butter), acid (lemon juice), and salt. Serve shrimp with the lemon brown butter over the top.

### SOUS VIDE/REVERSE SEARED PORK CHOPS w/ SPICED APPLE BOURBON BROWN BUTTER

- 2 6–8-ounce pork chops (bone-in or boneless), about ¾-1-inch thick**
- 1/8-tsp. Steak and Chops Sea Salt (found at [www.matthewmay.org](http://www.matthewmay.org))**
- 1 gallon size zip-lock bag**
- 2 TBSP. unsalted butter**
- 1/8-tsp. ground cinnamon**
- ¼-cup bourbon**
- 1 Granny smith apple, peeled, cored and sliced about ¼” thick**

Using a heat-safe plastic container, soup pot or Dutch oven, fill with water up to the water level line of your sous vide wand. Set your sous vide wand to 130°F for 3-4 hours (more than four hours may result in a ‘mushy’ chop as the proteins will begin to break down. At this temperature of 130°F, your chops will cook to the low end of medium but will carry over to the higher end of medium rare at 135°F. (Set your sous vide temperature to five degrees below your

desired doneness). Evenly spread sea salt over both sides of each chop. Place chops inside plastic bag. With the top of the bag still open, carefully submerge the bag (with the seasoned chops inside) into the water. Gently move bag around the chops to release any air bubbles that may be trapped under them. Continue to submerge the bag all the way up to the top seal of the bag, while allowing the air to escape out the top. Once the air has been removed, being sure to keep the steak below the surface of the water, seal the bag and lay the top flap of the bag over the top of your pan/container. Cook until timer is complete. Preheat your skillet on medium heat, about 375°F - 400°F. Using tongs, remove the chops from the bag and blot dry with paper towels until all surface moisture is removed. Do not squeeze or press the chops! Once moisture is removed, using your tongs lay the chops in your hot pan with the fat cap facing down. You will need to hold the chops with your tongs to do this. Do not move the chops around in the pan at this point. Allow the fat to render and the fat cap from each chop to brown. Once the fat begins to render, you will be able to pick up the chops to look at the coloring you are achieving on the fat cap. At this point, you may move the chops back and forth along the middle of the pan to complete the rendering and browning along the entire fat cap. Once the fat has browned evenly, NOW you can lay the chops down in the rendered fat. We are now browning the meat, one side at a time. Allow chops to brown for 1-2 minutes on each side, then remove from pan. Add butter, cinnamon, and apples to the hot pan. The water in the butter will pick up any fond on the bottom of the pan. The steam is from the water evaporating from the butter. Stir apples to cook evenly on both sides. Once the water has evaporated, the butter will begin to brown. Allow butter to brown slightly, then carefully add bourbon. Bourbon is flammable, so do this with caution. Allow alcohol to evaporate (1-2 minutes). At this point, turn off heat and remove pan from burner. Slice and serve the boneless pork chops with pan sauce spooned over the tops. You will immediately notice the amount of flavor that has permeated the chops. Because the chops were cooking at a low temperature for a long period of time, “osmosis” was allowed to happen where the salt and herbs have been drawn into the meat, thus seasoning, tenderizing, and cooking the meat at the same time.

### APPLE or PEACH BOURBON BREAD PUDDING

#### bourbon sauce

**¼-cup brown sugar**

**4 TBSP. butter**

**½-cup water**

**¼-cup bourbon**

**Dash of Matthew’s Bourbon & Brown Sugar Sweet Salt (found at [www.matthewmay.org](http://www.matthewmay.org))**

#### bread pudding

**1 large egg**

**¾-cup heavy cream, light cream, or half and half**

**1 TBSP. sugar**

**¼-tsp. ground cinnamon**

**½-tsp. vanilla**

**2-cups dry, leftover bread, 1” cubes**

**1 Granny Smith apple; peeled, cored, diced OR 1-cup peaches; peeled and thinly sliced**

**Additional butter to grease the baking pan**

**Fresh whipped cream (optional)**

In a heavy-bottomed saucepan, add butter, water, brown sugar, bourbon, and sweet salt. Stir and allow to simmer slightly. Sauce will become slightly foamy. Remove from heat and set aside.

Preheat oven to 350°F. Thoroughly butter the bottom and sides of a 3X9-inch loaf pan. In a medium sized mixing bowl, whisk together eggs and heavy cream; add sugar, cinnamon, and vanilla. Add the cubed bread and apples or peaches, stir to fully distribute the cream and egg mixture. Allow enough time for the bread to absorb the custard (about 5-7 minutes) before proceeding. You may need to add a little more cream if you notice any bread that has not absorbed the custard. Transfer mixture to the prepared baking dish. Bake on middle/center oven rack for about 20-30 minutes, or until golden brown. Remove from oven, run a knife around the perimeter of the bread pudding to create space around the outer edge. Pour bourbon sauce over the top of the hot bread pudding, being sure to include the outer edges. Sauce will be absorbed into the hot bread pudding. Serve warm with ice cream or whipped cream. This is my absolute favorite! Option: use peaches instead of apples!!! You’re welcome!