



Join the Southern Foodways Alliance as we travel to Louisville, Kentucky, home of the “most exciting two minutes in sports,” and the arguable birthplace of the old fashioned.

We'll play dainty, an only-in-Louisville game, in the streets of the city's Schnitzelburg neighborhood. We'll gather in the Rathskeller, beneath a tooled leather ceiling, to toast the work of Minnie Fox and the African American cooks she honored in the *Blue Grass Cookbook*.

We'll taste Benedictine spread and Henry Bain sauce. We'll sip brown whiskey from the state's best distillers and red wine from grapes raised by a onetime tobacco farmer. We will dine on fried catfish at the All Wool and a Yard Wide Democratic Club. And farm-fresh fare at Lilly's. We'll sample bourbon-marinated smoked fish. And bourbon barrel-aged sorghum.

The region's best scholars will show us the way, providing context and amplification. Smart talking and great eating (and drinking), that's what we promise.

*The University of Mississippi*



Oxford • Jackson • Tupelo • Southaven

SOUTHERN FOODWAYS ALLIANCE  
UNIVERSITY OF MISSISSIPPI  
P.O. BOX 1848  
UNIVERSITY, MS 38677

NonProfit Org.  
U.S. Postage  
**PAID**  
Permit No. 6  
University, MS



EIGHTH ANNUAL  
SOUTHERN FOODWAYS  
ALLIANCE FIELD TRIP



JULY 11-13,  
2008

# HIGHLIGHTS OF THE FIELD TRIP INCLUDE:



## THURSDAY

A COCKTAIL WELCOME

**IF YOU ARRIVE EARLY**, we recommend self-guided tours of the Kentucky Bourbon Trail, [www.kentuckybourbontrail.com](http://www.kentuckybourbontrail.com); of Slow Food Louisville, compiled by the local convivium; and of downtown Louisville, including the Ali Center, the Louisville Slugger Factory, the Kentucky Craft Museum, and more.

At six that evening, Jerry Slater of the Oakroom in the Seelbach Hotel will offer a welcome toast of their trademark Seelbach cocktail, girded with Kentucky's finest, enlivened by Biltmore Estate's blanc de blanc sparkling wine.

Upon adjournment, dinner is on your own. You'll make your own reservations but we'll show the way, supplying you with a roster of hand-selected Louisville restaurants, who promise to roll out the bluegrass carpet.

## FRIDAY

DEFINING THE KENTUCKY LARDER

**AFTER A BREAKFAST** of angel biscuits and country ham from Nancy Newsom of Colonel Newsom's Country Ham, and coffee from Consumer's Choice, we settle in for the Great Debate: Is Kentucky Southern? Leading the discussion will be James C. Klotter, professor of history at Georgetown College and Kentucky State Historian.

**MIDMORNING** we spread out across town. Choose your destination:

**MUTH'S CANDIES**, in business since 1921, famous for the Modjeska, a caramel-y confection named for Helena Modjeska, a Polish actress.

**BOURBON BARREL FOODS**, where Matt Jamie brews soy sauce from Kentucky beans and stews his sorghum in, you guessed it, bourbon barrels.

**SHUCKMAN'S SMOKED FISH**, the lair of Lewis Shuckman, who harvests spoonfish caviar and smokes rainbow trout, both from Kentucky waters.

**SPOONBREAD SCHOOL**, a class in the cookery of that soufflé of cornbread, that ethereal grain casserole, led by Edward Lee, chef of the restaurant 610 Magnolia.

**BOURBON ACADEMY**, led by the father-and-son duo of Julian and Preston Van Winkle, distillers of Pappy Van Winkle bourbon.

**LUNCH** will come late today. But good things come to those who wait. Join chefs Todd Richards and Dwayne Nutter of the Oak Room as they gather in the Seelbach's Rathskeller for an homage to the cooks profiled in at the *Blue Grass Cook Book*, originally compiled by Minnie Fox and published in 1904. On hand will be Toni Tipton Martin, who wrote the contextualizing introduction to a 2005 edition.

**THAT EVENING**, we'll gather at the All Wool and a Yard Wide Democratic Club for a catfish and oyster roll fry, honoring Louisville oral history subjects, including revered bartenders recently interviewed by SFA oral historian Amy Evans. Jay Denham, the chef at Park Place on Main, will lead a crew of fry cooks from the club.

To work up an appetite, locals will teach us to play dainty, a Louisville stick game introduced by 19th century German immigrants. And we'll mix and mingle with barroom regulars like Bill Tinker, a 50-year patron of Check's. Known as Schnitzelburg's Number One Citizen, he's an encyclopedia of neighborhood knowledge and the man responsible for bringing together local taverns for the Schitzelburg Walk, a progressive cocktail hour that we will recreate.

## SATURDAY

ICONIC LOUISVILLE EATS

**EARLY RISERS** may join local Slow Food leader Mark Williams for a farmers' market tour. If you sleep in, you'll wake to coffee and pie from Lynn Winter of Lynn's Paradise Café.

At the 21 C we'll gather for a round robin of talks on iconic Louisville foods and drinks:

Nancy Russman, a local chef and educator, will talk of Benedictine spread, that cucumber-y Louisville favorite, named for the late caterer Jennie Benedict.

Greg Haner, proprietor of the 1884 vintage Mazzoni's Café will introduce us to the lore (and technique) behind rolled oysters, a bivalve croquette favored in local barrooms.

Jerry Slater, barman, writer, and raconteur, will hold forth on the purported Louisville origins of the old fashioned cocktail.

**COME LUNCH**, we'll gather at the Pendennis Club, Louisville's grand old gentlemen's club, founded in 1881. Among other delights, Jay Denham will serve Kentucky bison with Henry Bain sauce, named in homage to an early club headwaiter. Our hosts, Julian and Preston Van Winkle, will be on hand to pour their family bourbon. For dessert, we'll nibble Modjeskas and bourbon balls from Muth's the local confectionery.

Later, we'll gather for a buy-your-own happy hour at Proof, in the 21 C where the bartenders will pour their best and chef Michael Paley will dish complimentary bites like country ham fritters and rabbit liver pate.

Thus fortified we lend an ear as Sarah Fritschner, retired food editor of the *Louisville Courier-Journal*, moderates a panel on the small Kentucky farm. Joining her will be Ivor Chodkowski of Grasshoppers, a local food distribution company

that bridges the gap between farmers and consumers, and Mary Berry-Smith, who, along with her husband Chuck Smith, operates Smith-Berry Winery in New Castle, Kentucky.

**DINNER**, hosted by Kathy Cary at Lilly's, her seminal Louisville restaurant, continues the farm-to-table theme. We begin with family-style service of appetizers, created by Kathy in homage to Camille Glenn, the beloved Kentucky cook and author. A local gazpacho, chockfull of the season's best vegetables, follows. And then a summer salad, topped with Shuckman's trout. And maybe a lamb leg, maybe a pot roast. We close with cheeses from Kentuckiana favorites Capriole, among others. With dinner we'll drink Kentucky wines, including a Seyval Blanc and a Norton, both from Smith-Berry Winery.

## SUNDAY

HOT TIME IN THE OLD TOWN

**BEFORE YOU HIT THE ROAD** or take to the sky, you'll need a little something for breakfast. We have made special arrangements to serve Hot Browns at the English Grill in the Brown Hotel. Though the Mornay sauce-slathered bacon and turkey sandwich, introduced in the 1920s as a breakfast treat for late-night revelers, has long since been adopted by seemingly every restaurant in Kentucky, the Brown still serves the definitive version.

## SPONSORS

Anson Mills of Charleston and Columbia, South Carolina, produces artisan mill goods from organic heirloom grains. In 2007, they signed on as sponsor of the Charleston Field Trip. And they are now underwriting every summer Field Trip.

Funding for Louisville oral histories was generously provided by the Greater Louisville Convention & Visitors Bureau.

## HOTELS

Lodging is not included in Field Trip registration. After the SFA confirms your registration for the weekend, we will give you a pass code. You must have that code before calling one of the hotels. Cancellation and other policies vary. All lodging is within walking distance of downtown event sites.

**21 C MUSEUM HOTEL**, a 91-room boutique property showcasing contemporary art from living artists, will serve as our event headquarters. Onsite is a 9,000 square foot contemporary art museum. You'll know you've found the building when you spy the four-foot polyethylene penguins perched on the Main Street facade. The SFA-only rate is \$134 per night. ([www.21chotel.com](http://www.21chotel.com) / 877-217-6400.)

**ADDITIONAL LODGING**, also in downtown Louisville, is available at two grand old hotels, the Seelbach Hilton, open since 1905, priced at \$119 per night ([www.seelbachhilton.com](http://www.seelbachhilton.com) / 502-585-3200) and the Brown Hotel, open since 1923, priced at \$129 per night ([www.brownhotel.com](http://www.brownhotel.com) / 502-324-1389.)

## REGISTRATION

Registration is \$405 for non-members and \$365 for members. Applications for registration will be accepted beginning May 25 and may be submitted by mail or fax only. Registrations will be confirmed by e-mail or fax, beginning June 5. Questions regarding registration should be directed to Melissa Hall, [rahrahhall@earthlink.net](mailto:rahrahhall@earthlink.net). Secondary contact may be made by way of telephone at 662-915-5993.

I would like attend the Field Trip at a reduced rate of \$365. I am a member of the SFA or would like to join now (circle one).

I would like to sign up for a one-year membership in the SFA for an additional \$50 (students)  
\$75 (individuals)  
\$100 (families)  
\$200 nonprofits and artisans  
\$500 (corporations)

I would like to attend the Field Trip at the regular rate of \$405.

I cannot attend the Field Trip, but would like to sign up for a one-year membership in the SFA for \$50 (students)  
\$75 (individuals)  
\$100 (families)  
\$200 nonprofits and artisans  
\$500 (corporations)

For the Friday morning expeditions, I realize that, although admission is included, limited space is available. I won't pitch a hissy fit if I don't get in my first choice. My order of food (or drink) preference, signified by 1, 2, 3, 4, and 5 is:  
\_\_\_ Candy  
\_\_\_ Soy  
\_\_\_ Fish  
\_\_\_ Spoonbread  
\_\_\_ Bourbon

**TOTAL:** \_\_\_\_\_

### PAYMENT INFORMATION

Name \_\_\_\_\_

Business \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Fax \_\_\_\_\_

E-mail \_\_\_\_\_

Charge to: \_\_\_ Visa \_\_\_ Master Card

Account Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature of Cardholder: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_



**RETURN ONE FORM PER PERSON TO Southern Foodways Alliance, P.O. 1848, University, MS 38677-1848. Or fax to Melissa's attention at 662-915-5814.**

N.B.: If needed, a lottery system will apply for selection of attendees. Cancellations after June 25 will not be refunded and will be processed as donations to the SFA. Cancellations prior to June 25 will be assessed a \$10 processing fee. To be fair to guests on the wait list, registrations are non-transferable. No refunds will be processed after June 25, even if cancellation of the field trip is precipitated by an act of God. We're serious.