

U The Lexingtonienne U

KENTUCKY HOT BROWNS

For **each** serving, you will need:

- 1 slice white bread, lightly toasted
- 1/4 pound roasted turkey breast
- 1/3 C (approx) sauce Mornay (*recipe below*)
- 2 T (approx) shredded cheddar cheese
- 1 tomato slice
- 2 slices bacon, cooked until crisp

In an oven-safe dish (preferably individual if you have them, which I do not), place toast slices on the bottom, top with turkey, then sauce Mornay*, then cheddar cheese, then tomato. Broil until cheese is bubbly, about 10-12 minutes (but keep an eye on it). Top with bacon slices, crossed over one another in an X. Broil for a minute or two more if you like your bacon extra crispy. Serve in the individual oven-safe dishes (if you have them), or transfer to plates. You'll need a knife and fork for this sandwich!

*If you make your sauce Mornay in advance like I did, you may want to re-warm it either by itself in a pot on the stove (then scoop it over the sandwich), or just heat the whole sandwich for about 10 minutes in a 400 degree oven before broiling.



SAUCE MORNAY

- 1 1/4 C whole milk
- 1/2 small onion with **1 bay leaf** stuck to it using **2 whole cloves**
- Pinch of ground nutmeg
- 2 T unsalted butter
- 2 T all-purpose flour
- Salt & pepper to taste
- 1/4 C Parmesan cheese

In a small saucepan over very low heat, simmer (uncovered) milk, onion with bay leaf and cloves, and nutmeg for about 15 minutes. Discard the onion, bay leaf, and cloves.

Meanwhile, melt butter in a medium saucepan over low heat. Stir in flour. Cook, uncovered, stirring with a spatula over medium-low heat until the roux is fragrant but not darkened, about 2-3 minutes. Remove from heat and let cool slightly. Remember that the heat from your pan will continue cooking the roux even off the heat, which will cause it to darken some, so you will want to allow for this. Let roux cool slightly, then slightly whisk in the warm milk. Return the saucepan to the heat, bringing the sauce to a simmer, whisking and stirring often to prevent lumps and to prevent a skin from forming on top. It should reach the consistency of thick cream soup. If it seems too thick, whisk in a tiny amount of milk until desired consistency is reached. Season with salt & pepper.

At this point you have a Bechamel sauce. To make it a sauce Mornay, add 1/4 firmly packed grated cheese. It is traditional to use 2 T Gruyere and 2 T Parmesan (4 T = 1/4 C), but I used all Parmesan. Whisk until cheese is melted.

You can transfer your sauce Mornay to a bowl, press plastic wrap over the top to prevent a skin from forming, and store in the fridge until ready to use. Or you can use it right away.

