

CROSSVILLE  
*Life*

## Papa's Kitchen

## Papa Phil's Kitchen to be Regular Feature in "Life"

Many years back, Phil Bourne or "Papa Phil" as most folks know him, traded the corporate Big Blue of IBM for a pickup called Big Blue to use on the Tennessee farm he and his wife had bought on the Cumberland Plateau.

His two grown daughters fondly remember that while they were growing up, he worked a lot, but always found time on the weekends to cook up something special and that his cooking passion slowly took over the kitchen duties full time when he moved up with his late wife from Florida to Tennessee.

Recently, his eldest daughter moved back from Europe to set up a vacation rental business on the family farm and put Papa Phil in charge of keeping the guests well fed and tummies content--with breakfast picnics, homemade pizzas, country whole grain breads and farm jams deliveries to their cottage door.

Everyone who stays on the family farm comments on Papa Phil's tiny farmhouse kitchen, packed to the seams with all kinds of pots and pans hanging on the walls, cookware stacked high to the ceiling and a wonder of spices, garden fresh herbs and whole grain heirloom flours displayed on his country shelves.



Papa Phil Bourne

Holiday favorites of Papa Phil include his country homemade whole grain bread, a recipe that has evolved to perfection over the years, but is always dressed up for the holidays with walnuts and cranberries. Make a couple loaves, but leave the walnuts and cranberries out of one and you'll have mouth watering country bread just perfect for that ham or turkey sandwich during the holidays.

It's not Christmas without lots of turkey around the farm, and after the big day, you'll always find a big pot of simmering hearty turkey gumbo making good use of the leftovers. Papa Phil stores his gumbo in glass quart jars in the fridge for up to a few weeks for that perfect quick "home cooked fast food" meal to pull out and heat up before heading out for holiday shopping.

His homemade biscuits (that recipe is for another time) are revered by all who visit and make their way into many breakfast picnic baskets, but around the holidays and when family is visiting,

## Whole Grain Cranberry Walnut Holiday Bread

Yield: 2 large or 3 medium size loaves

Prep & Cooking Time: 2 ½ hr

1 ½ cups boiling water

1 cup rolled 7 whole grain cereal (or rolled oats)

½ cup sorghum molasses

3 tablespoons melted unsalted butter

2 teaspoons kosher salt

2 tablespoons dry active yeast

2 ½ cups warm water (for yeast)

5 cups unbleached bread flour

2 cups whole wheat flour (unbolted if available)

1 cup wheat bran

¼ cup flax meal

¼ cup wheat Gluten

1 cup spelt flour \*

½ cup kamut flour \*

1 cup dried cranberries

1 cup walnuts (coarsely chopped)

\* ¼ cup Aramant or ¼ c Quinoa flours can be substituted for any of the heirloom flours listed above. Heirloom flours (some dating back to biblical times) lack gluten which must be added and is necessary to keep bread from crumbling.

**Wet Mix:** In a large bowl, pour boiling water over the rolled 7 grain cereal (you may substitute rolled oats) and let stand 30 minutes. Add the sorghum molasses, melted butter and salt (you may reduce the salt to 1 teaspoon to your taste). In a separate small bowl, dissolve the yeast in warm (not hot) water along with a pinch of sugar and let stand for 10 minutes.

**Dry Mix:** Mix all the flours, meal, gluten and bran together. Beat and work about 4 cups of the dry mix into the wet mix. Then add the yeast mixture and the rest of the dry mix to make a medium soft dough (add more flour or water as needed). Knead on a floured board for about 10 minutes until smooth. Place the dough in a clean well oiled bowl and turn over the dough to oil the top as well. Cover the dough bowl with a damp towel and let rise in a warm place until doubled in size, about 1 to 1 ½ hours.

Turn the dough back out onto a floured board and knead again. Divide the dough into 2 or 3 pieces depending on whether you want 2 or 3 loaves and what size loaf pans you have. Roll each piece of

dough out to about ¼ inch thick and sprinkle the walnuts and cranberries evenly over each. Roll back into a loaf and put in the loaf pans. For non stick loaf pans, no need to grease. Otherwise grease and flour dust your pans. Cover the loaf pans with a damp towel and let rise until doubled (about 45 to 60 minutes). Pre heat the oven to 400 F. Cut a long slit in the top of each loaf and place in the oven on a middle rack. Bake for 5 minutes and reduce the temperature to 350 F. Bake at 350 F for another 35 to 40 minutes.

Remove from oven and bread pans and let cool on a rack. When cooled completely, store in food grade quality plastic bags and tie with a twist. Double bag if you are going to freeze any of the loaves. This bread stays fresh for several days at room temperature or for 7-10 days in the fridge. It freezes well too.

**Note:** If you desire a crustier loaf, place a pan of water on the bottom shelf of the oven during the pre-heat cycle and the baking time. If you want to leave out the cranberries and walnuts, this recipe makes whole grain bread perfect for sandwiches.



Papa Phil likes to make ole timey easy-to-make dinner rolls which are as delicious for breakfast as they are will any holiday meal.

He remembers many a Christmas dinner where most of the piping hot rolls, straight from the oven and piled high in a big country basket, would barely make it to the table, as

lots of little mysterious hands seemed to sneak them away. Papa Phil says to wish everyone happy holidays with lots of home cooking and good times 'round the table!

**Papa Phil's Tip:** Search out quality fresh and locally raised food products. Take time to enjoy your meal as if it were an event and share stories of your day with your loved ones round the table. Savor each moment of your meal and of each day.

For more information on the farm's vacation cottage rentals, please go to [www.grandviewmountaincottages.com](http://www.grandviewmountaincottages.com).

# RECIPES

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## Turkey Gumbo

Yield: 8-10 servings  
Prep Time: 30 minutes  
Cooking Time: 2 hours

- chicken stock
- 1 cup chopped onion
- 1 cup chopped green pepper
- 1/4 cup chopped fresh parsley
- 2 teaspoons Cajun\* spice
- 16 oz un-drained canned organic tomatoes
- 1 quart or more of chopped / picked turkey (or chicken) pieces
- 1 tablespoon wine vinegar
- 1 teaspoon Worcestershire sauce
- 2 garlic cloves, pressed and diced (optional)
- 1/2 lb cubed baked ham (optional)
- 1 lb sliced smoked or Andouille sausage (optional)
- Tabasco & Salt to taste

- 1/3 cup olive oil
- 1/3 cup unsalted butter
- 1 cup unbleached flour
- 1 lb okra, sliced; fresh or frozen
- 3 quarts organic turkey stock (or

\* If you don't have Cajun spice, use a mix of 3/4 tsp thyme, 1/2 tsp marjoram, 1/2 tsp basil & black and cayenne pepper to taste.

Pick your turkey to make a quart or more. If you have any leftover stock from your meal, add this to store bought stock to make 3 quarts. In a large heavy pot (not black iron), heat the oil and butter and gradually add the flour, stirring constantly until the roux turns a medium brown. Add the chopped onion and slowly stir in 1 qt of the cooked stock. Add the vinegar, okra and green pepper. Stir the gumbo while cooking until the okra is no longer stringy (add some stock, if it gets too thick to manage). Add turkey, parsley, spices, and tomatoes (and the optional garlic

and cubed ham). Slowly stir the remaining stock into the gumbo. Cook the optional sliced sausage separately, drain well and add to the gumbo. Simmer the gumbo on the lowest heat for 1 1/2 hours, stirring occasionally to keep it from sticking. Season with Worcestershire sauce, salt and Tabasco to taste. Serve as a hearty stew with crackers on the side or over rice. Leftover Gumbo can be stored in the fridge in unopened jars for a few weeks.

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## Easy Holiday Rolls

Yield: 24 rolls  
Total Prep/Rising Time: 60 min,  
Plus Baking Time: 10 min  
1 1/4 cup milk; scalded

- 1 tablespoon active dry yeast
- 1/4 cup lukewarm water
- 4 1/2 cup unbleached bread flour (some for kneading - you won't use it all)
- 3 tablespoon sugar
- 2 tablespoon unsalted butter
- 1 teaspoon salt
- 2 tablespoon unsalted butter; melted

Pour the scalded milk over the sugar, 2 tbs of the sweet unsalted butter and salt in a large mixing bowl. Cool to lukewarm. In a separate small bowl add 1/4 cup lukewarm water and sprinkle in the yeast and a pinch of the sugar and stir to dissolve. (Let this mixture set for at least 10 minutes to cool down before yeast is added). Add this yeast mixture and 2 cups of unbleached bread flour to the cooled milk mixture. With an electric mixer on medium speed, beat for about 2 minutes until smooth which develops the elasticity of the dough. Then reduce the speed of the mixer and gradually add a portion of the remaining flour to make up a soft sticky dough.

the dough out to a 1/2 inch thickness. Cut into round shapes (rounds), using a floured biscuit cutter. Crease each roll in the center with the dull edge of a knife and brush the rounds with the remaining 2 tbs of melted butter. Fold the rounds in half over on the crease and press the edges together lightly. Place on greased baking sheets and cover with a damp cloth. Let the rolls rise in a warm place covered until almost doubled or about 30 minutes. Bake in a preheated 400 degrees oven for 10 minutes or until golden brown. Remove from the baking sheets and eat immediately while hot or cool on racks and eat later (great toasted or reheated the next day).

Cover the soft dough bowl with a damp cloth and let the dough rest for 15 minutes. Then remove the dough and knead it by hand a few times on a lightly floured surface until it is no longer sticky. Roll

Note: The secret to good soft rolls is to use unbleached bread flour and not to make the dough too stiff - I never use all the bread flour called for ... If you make the dough too stiff, the rolls will be dry.