

Betty's Kentucky Hot Brown Sandwich Recipe



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In this video, Betty shares one of her best recipes--her version of the Kentucky Hot Brown Sandwich. The Kentucky Hot Brown Sandwich originated at the Brown Hotel in Louisville in the 1920's. The recipe has evolved over the years, but is still a favorite among Kentuckians--and visitors to Kentucky, too!

Ingredients: (for two open-faced sandwiches)

- 2 slices hearty white bread
- 2 or 3 tablespoons butter (for buttering the bread slices)
- 2 tablespoons butter (for the cheese sauce)
- 1/4 cup flour
- 1 1/2 cups milk
- 1/2 cup shredded cheddar cheese
- 1 cup grated Parmesan cheese
- 6 thin slices turkey breast
- 1 center-cut slice country ham
- 2 thin slices of a tomato that is large
- 4 crisp slices of bacon

Spread both sides of the two pieces of bread, and then place them in a skillet large enough for both of them to lie flat. Brown the bread slices on both sides over low heat, watching constantly, so that the butter does not burn. Remove the browned bread slices to two individual small (bread-sized) oven-proof baking dishes. Now, make your cheese sauce. Melt 2 tablespoons butter in a saucepan and remove from heat. Add in 1/4 cup flour, and stir until blended. Add 1 1/2 cups milk, along with 1/2 cup shredded cheddar cheese and 1 cup of grated Parmesan cheese. Mix thoroughly, and return the saucepan to heat. Cook over low heat, stirring constantly. The cheese sauce is done when it is thickened and smooth. Next, start assembling your sandwich. Place 3 slices of turkey breast on each of the browned bread slices. Then, place 1/2 center-cut country ham slice (cut appropriately to fit) on top of turkey. Ladle a generous amount of cheese sauce over the turkey and ham. Now, place a single large thin slice of tomato on top of the cheese sauce. Top each sandwich off with two crisp slices of bacon, in the shape of an "X." Place the two open-faced sandwiches in an oven that has been preheated to 400 degrees. Bake for about 7 or 8 minutes, or until the cheese sauce is bubbly. Remove both sandwiches from the oven, and serve immediately. Kentucky cuisine at its finest!