



# Kentucky Derby Picnic

NBC TV Coverage

Post Time: 3:24 p.m.

Picnic at 4:00 p.m.

Saturday, May 5, 2012, 2:30 p.m.

Home of Nancy and Zoltan Rosztoeczy

3771 E. Sumo Octavo

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**Ladies and gents, to join the spirit of the day, wear your most special hat!  
You can also place your bets, if so desired!**

The Kentucky Derby is celebrated the first Saturday in May with visitors from around the world gathering at the race track and all over Louisville. The Kentucky Derby, and the ten days preceding it, signals the opening event of Kentucky's "*Spring Season*," this year, the 135<sup>th</sup> year! It is also known as "*The Run for the Roses*" because of the bouquet of dark red roses that is traditionally draped over the victorious horse in the Winner's Circle at Churchill Downs, Louisville, Kentucky. As "*My Old Kentucky Home*" plays before the race, the Mint Julep cups are raised. The menu below is the typical fare of the day!

- Drinks:** Mint Juleps (Included in the dinner cost)
- Hors D'Oeuvres:** Louisville Benedictine  
Kentucky Beer Cheese  
Gorgonzola Grilled Pear Crostinis
- Entrée:** Chicken and Tortellini Salad  
Derby Day Ham Corn Cakes with Bourbon Sauce  
Kentucky Bibb Lettuce Salad with Bourbon Vinaigrette  
Kentucky Peach Deviled Eggs
- Desserts:** Bourbon Balls  
Vanilla Ice Cream with Crushed Peppermint Candy Sprinkles  
Thoroughbred Pie

They call it the most exciting two minutes in sports, but the Kentucky Derby is about far more than just a two-minute horse race. The first Derby was run in 1875, and the race endures as America's longest-running continually held sporting event. Here are some traditions!

Just as longstanding and important a tradition as the Kentucky Derby itself is that of the Derby hat. Almost everyone in attendance at the race, or at any Derby Party, will be wearing a spectacular hat, whether that hat was custom designed or homemade. Remember, there is no such thing as too big, too bold, too elaborate, or too outlandish!

## Classic Mint Julep

*Makes one 8 oz. Julep, Prep: 10 minutes*

*There is only one “proper” drink to have at a Kentucky Derby Party and that’s the Mint Julep. The classic version is served in **silver julep cups, provided by the Rosztoezy’s.***

**Drinks and Hors D’Oeuvres will be served prior to and during the running of the race, the remainder of the “Picnic” will be served at 4:00 p.m.**

3 fresh mint leaves  
1 tablespoon Mint Simple Syrup  
Crushed ice  
1 ounce bourbon  
1 cocktail straw cut to 1-1/2” above the rim of the cup  
1 fresh mint sprig  
Powdered sugar (Optional)

Place mint leaves and Mint Simple Syrup in a chilled julep cup. Gently press leaves against cup with back of a spoon to release flavors. Pack cup tightly with crushed ice; pour bourbon over ice. Insert straw, place mint sprig directly next to straw, and serve immediately. Sprinkle with powdered sugar, if desired.

## Mint Simple Syrup

*Makes 2 cups. Prep: 5 minutes; cook 10 minutes; chill 24 hours*

1 cup sugar  
1 cup water  
10 to 12 fresh mint sprigs (Dvorak and Casz can provide the mint)

Bring sugar and water to a boil in a medium sauce pan. Boil, stirring often, 5 minutes or until sugar dissolves. Remove from heat; add mint, and let cool completely. Pour into a glass jar; cover and chill 24 hours. Remove and discard mint.

Note: For testing purposes only, Southern Living used Woodford Reserve Distiller’s Select Bourbon. Any Kentucky bourbon will do!

## Louisville Benedictine

*Yields ~ 3-3/4 cups*

*This spread can be used as a dip or a sandwich & canapé ingredient. It was made popular at Louisville’s Benedict’s Restaurant in the early 1900s and has been a staple on race day ever since!*

2 (8 oz.) packages cream cheese, softened  
1 cup cucumber, peeled, seeded and finely chopped  
1/2 cup onion, minced  
1/4 tsp. salt  
2-3 drops green food coloring

Grate cucumber and onion (may use food processor) and drain well in a strainer, pressing down with a spoon to remove all liquid. Add drained cucumbers and onion to softened cream cheese and mix well in food processor. Color with 2 – 3 drops of green food coloring. Serve as a spread with Carr's Water Crackers.

## Kentucky Beer Cheese

Joe Allman is credited with creating beer cheese in the 1940s and it still remains a tradition for the Kentucky Derby.

16 oz. (1 lb.) extra sharp cheddar cheese, grated  
2 garlic cloves  
1 Tbsp. Dijon mustard  
½ tsp. cayenne pepper  
¾ cup **dark** beer, flat, Guinness for example, ~ 6 ozs.  
Salt to taste, a little less than 1/8 tsp.

Prepare several days in advance. This really helps the flavors develop and meld properly.

Open beer and bring to room temperature. It is desirable to get most of the gas out of the beer, but **don't let it get stale**.

Grate cheese and garlic in a food processor. Switch to the mixing blade and add mustard and cayenne pepper, mixing until thoroughly blended. Add salt to cheese mixture.

Gradually add beer, until blended smoothly and is a "spreadable" consistency.

Refrigerate at least overnight. It's traditionally served with Saltines, but good with just about any cracker. It can also be served with pretzels, carrots, celery, or on toast.

## Gorgonzola Grilled Pear Crostini

Makes: 36 crostinis. Prep Time: 22 minutes

3 firm ripe Bartlett pears, cut into ¼-inch-thick wedges  
4 oz. (½ of an 8-oz. package) cream cheese, softened  
4 oz. Gorgonzola cheese, crumbled  
¼ cup butter, softened  
2 Tbsp. dry sherry  
36 French bread baguette slices, toasted  
½ cup finely chopped, lightly salted roasted pecans  
2 Tbsp. finely chopped fresh rosemary  
¼ cup honey

Preheat grill to 350° to 400° (medium-high) heat. Grill pear wedges, covered with grill lid, 1 to 2 minutes until golden.

Stir together cream cheese and next 3 ingredients; spread about ½ Tbsp. on each baguette slice. Top with grilled pears; sprinkle with pecans and rosemary, drizzle with honey.

**Toasted Baguette Slices:** Preheat oven to 375°. Cut one (8.5 oz.) French bread baguette into 3/8-inch slices. Lightly brush slices with olive oil or melted butter; arrange in a single layer on baking sheets. Bake 8 to 10 minutes or until golden brown, turning once at half way mark.

## Chicken Tortellini Salad

Makes: ~12, 6 oz. (1 cup) servings or ~16, 4 oz. (3/4 cup) servings.

Prep Time: 20 – 30 minutes.

2 (10-oz.) packages refrigerated spinach tortellini (Trader Joe's, \$1.99/package)  
½ cup olive oil  
½ cup grated Parmesan cheese  
¼ cup fresh lemon juice  
2 garlic cloves  
1 tsp. Worcestershire sauce  
2 cups chicken breast, cooked and cut into ½" cubes  
1 cup frozen C&W Petite peas, thawed and patted dry (Note: The peas are **NOT** cooked.)  
½ cup green onions, thinly sliced  
½ cup red pepper, cut in 1/2" squares  
½ cup chopped fresh flat-leaf parsley  
Optional: Salt and pepper to taste – test recipe needed none

Prepare tortellini according to package directions.

Process olive oil, Parmesan cheese, lemon juice, garlic, and Worcestershire sauce in a blender until smooth. In a large bowl, toss olive oil mixture with tortellini, chicken, and next 4 ingredients.

## Derby Day Ham Corn Cakes

Makes: 15

6 oz. package Kroger Value Golden Corn Muffin Mix (available at Fry's, 44¢/pk)  
½ cup skim milk (do not follow package directions)  
¾ cups frozen C&W Petite White Corn, steamed 4-5 minutes, cool and pat dry. **Do NOT add salt to boiling water.** (C&W brands available at Fry's, Trader Joe's, and other markets)  
1/3 cup (2 slices) Farmland Special Select Hickory Smoked, Fully Cooked Sliced Ham (16 oz. pkg.), finely cut into 1/16" cubes (available at Fry's)  
1 tsp. fresh parsley, chopped

Stir together one (6 oz.) package corn muffin mix and 1/2 cup milk in a small bowl until smooth. Stir in corn, ham, and parsley. Using a 1/8 cup measuring cup, scoop batter level for each corn cake onto a moderately hot griddle or large non-stick skillet lightly sprayed with

Pam. Cook cakes over medium heat 2 to 3 minutes until golden brown on bottom side and edges look dry and cooked; turn and cook other side to golden brown. Each finished corn cake will be approximately 2½ inches in diameter. Cool on racks. Can be served warm or at room temperature.

### **Bourbon Sauce (Optional):**

Makes: ~ 2 cups, Serves 16 one oz. servings

1 cup granulated sugar  
6 Tbsp. butter, melted  
½ cup buttermilk  
1 Tbsp. bourbon  
½ tsp. baking soda  
1 Tbsp. white corn syrup  
1 tsp. vanilla

Combine all ingredients in a saucepan. Bring to a boil for one minute. Serve warm or at room temperature.

### **Kentucky Bibb Lettuce Salad with Bourbon Vinaigrette**

Tender Bibb lettuce comes from Kentucky.

Makes: 8 servings

½ cups pecan halves and pieces  
2 Tbsp. light brown sugar  
⅛ tsp. ground red pepper  
6 bacon slices, cooked and crumbled  
8 cups torn Bibb lettuce (2 to 3 medium heads), rinsed and towel dried  
4 cups trimmed watercress (Casey may be able to provide)  
4 large peaches, peeled and sliced  
1 small red onion, halved and thinly sliced  
4 oz. Gorgonzola cheese, crumbled

Preheat oven to 350°. Toss pecans in butter. Stir together brown sugar and red pepper in a bowl; add pecans, tossing to coat. Spread pecans in a single layer in a lightly greased aluminum foil-lined shallow pan – or use non-stick foil. Bake 10 to 12 minutes or until lightly browned, toasted and fragrant. Remove from oven, and toss pecans with crumbled bacon. Cool in pan on wire rack 20 minutes; separate pecans with a fork.

Combine Bibb lettuce with watercress, peaches and red onion, and pecan mixture in a large bowl. Toss. Top with crumbled cheese. Serve with Bourbon Vinaigrette.

### **Bourbon Vinaigrette:**

⅓ cup apple cider vinegar  
1 Tbsp. light brown sugar  
3 Tbsp. bourbon  
2 tsp. Dijon mustard  
¾ tsp. salt

½ tsp. freshly ground pepper  
2/3 cups canola oil

Whisk together vinegar, brown sugar, bourbon, mustard, salt and pepper in a medium bowl. Add canola oil in a slow steady stream, whisking constantly until smooth.

## Kentucky Peach Deviled Eggs

Makes 2 dozen. Prep Time: 40 minutes

12 large eggs  
1/3 cup fat-free Greek yogurt  
2 oz. 1/3-less-fat cream cheese  
1 tsp. Dijon mustard  
1 Tbsp. parsley, fresh and chopped finely  
3 Tbsp. peach preserves (apricot preserves can be substituted)  
¼ cup country ham, finely chopped (same brand ham used for Corn Cakes, 1 slice = ¼ cup)  
1 tsp. Vidalia onion, grated  
½ tsp. apple cider vinegar  
¼ tsp. pepper

### Topping:

Very thin sliced fresh peach  
Chopped toasted pecans

Place eggs in a single layer in a stainless steel saucepan. (Do not use nonstick.) Add water to cover eggs. Bring to a rolling boil; lower heat to a slow boil and cook for 20 minutes. Remove eggs from pot and plunge into a bowl packed with ice and a small amount of water. This will help the eggs separate from the shell easily. When eggs are cold, remove from water and dry. Tap egg shells on counter until cracks form; peel and rinse. Pat dry with paper towel.

Slice eggs in half lengthwise, and carefully remove yolks. Put yolks through a strainer or a Foley Food Mill. Blend in yogurt, cream cheese and mustard until smooth. Add remaining ingredients, blending well. Spoon yolk mixture into the egg white halves. Top each with a thin slice of fresh peach and chopped toasted pecans. Chill.

## Bourbon Balls

Makes about 60 one-inch balls

8 one-ounce squares unsweetened Baking Chocolate, coarsely chopped  
60 vanilla wafers, pulverized in a blender or wrapped in a towel and finely crushed with a rolling pin (about 3 cups)  
1 cup finely chopped pecans  
1-2/3 cups sugar  
½ cup bourbon  
¼ cup light corn syrup

In a double boiler, melt the chocolate over low heat, stirring almost constantly to prevent the bottom from scorching. Remove the pan from the heat and let the chocolate cool to lukewarm.

Combine the pulverized vanilla wafers, pecans and 2/3 cups of sugar in a deep bowl. Pour in the chocolate, bourbon, and corn syrup and stir vigorously with a wooden spoon until the ingredients are well combined.

To shape each bourbon ball, scoop up about a tablespoon of mixture and pat it into a ball about 1-inch in diameter. Roll the balls in the remaining cup of sugar, when they are lightly coated on all sides, place them in a wide-mouthed 1-quart jar equipped with a securely fitting lid. Cut two rounds from a double thickness of paper towels to fit inside the lid of the jar. Moisten the paper rounds with a little additional bourbon and press them tightly into the lid.

Seal the jar with the paper-lined lid and set the bourbon balls aside at room temperature for 3 – 4 days before serving. Tightly covered, the bourbon balls can safely be kept for 3 to 4 weeks.

### Ice Cream with Crushed Peppermint Candy

Purchase vanilla ice cream or non-fat Frozen Yogurt. Scoop ball of ice cream into cupcake paper lined muffin pan. Freeze. Bring to party. Top with optional crushed peppermint candy provided by the Rosztoeczys.

### Thoroughbred Pie

*This is Beaumont Inn's Pastry Chef, Cathy Nichols, version of the regional classic pie and a Derby Day must. Dessert on Derby Day can only be one thing: a rich, dense chocolate pecan pie infused with Kentucky bourbon.*

#### Pie Crust:

2 ½ cups all-purpose flour  
1 teaspoon sugar  
1 cup butter, cut up  
¼ cup ice water, more or less

#### Filling:

½ cup butter, unsalted, melted  
2 eggs  
1 cup sugar  
½ cup all-purpose flour  
1 cup semisweet chocolate chips  
1 ½ cups chopped pecans  
2 tablespoons Kentucky bourbon

#### Crust:

Mix all except water in food processor until crumbly. Slowly add ice water until mixture just holds together. Wrap in a flat circle in plastic wrap. Chill over night. Form into pie pan.

#### Filling:

Beat eggs with cold butter. Add flour and sugar. Beat until mixed well. Gently fold in pecans, chocolate and bourbon. Add mixture to pie shell. Bake at 350° for about 30 minutes or until set. Serve with fresh whipped cream.

## **Directions to Nancy and Zoltan Rosztoczy's from Sunrise and Hacienda del Sol Roads (going south):**

From Sunrise turn **SOUTH** onto N. HACIENDA DEL SOL RD. Go ~1.1 mi. There will be a left turn sign at the top of the hill.



Turn **LEFT** onto E. ENTRADA DEL SOL. 0.2 mi. This is the Entrance Gate to *Catalina Foothills Estates*. Go to the **RIGHT** entrance, **Visitors/Guest** side of the Gatehouse. Check in with the guard. Your name will be on the guard's Guest List.

Go **STRAIGHT** down the hill to the STOP sign. Proceed **STRAIGHT** ahead up the hill on N. CIRCULO SOBRIO to the next STOP sign (dead end).

Turn **LEFT** onto N. CAMINO SUMO. Take the first **RIGHT** onto E. SUMO OCTAVO. Come up the hill on the **LEFT** side of the tear-drop cul-de-sac. You will see our mailbox on your right (3771). Go straight down the driveway. Pass the first building on the **LEFT** and proceed to the double entrance gate on your **LEFT**. **This is a reserved handicap parking space.** Proceed down the driveway and park in front of the garage.

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**Directions to Zoltan and Nancy Rosztoczy's  
from River Road and Hacienda Del Sol (going north)**

Turn **NORTH** onto **N. HACIENDA DEL SOL RD.** Go 1.1 mi. Turn **RIGHT** at the top of the hill, the road will split to a right turn lane at the gate.

Turn **RIGHT** onto **E. ENTRADA DEL SOL.** 0.2 mi. This is the Entrance Gate to *Catalina Foothills Estates*. Go to the right entrance, **Vistors/Guest** side of the Gatehouse. Check in with the guard. Your name will be on the guard's Guest List.

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