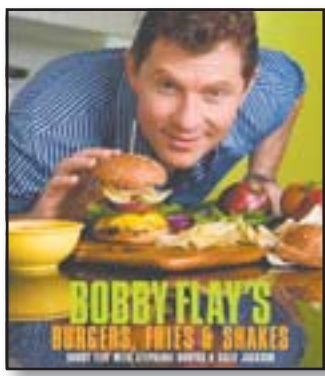


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COOKBOOK

Bobby Flay takes on shakes and burgers

By Sharon Thompson

As grilling season begins, it seems only right that we learn how to make a better burger. And we can learn from the master.

Food Network star Bobby Flay's ninth cookbook, *Bobby Flay's Burgers, Fries & Shakes* (Clarkson Potter, \$25.95), is due out in April. The book is devoted to making "crusty-on-the-outside, juicy on-the-inside" burgers, the perfect batch of fries and the smoothest milkshakes.

Flay's latest restaurant venture is Bobby Flay's Burger Palace. He owns several high-end restaurants but always dreamed of owning a burger place.

"I'm just like most other chefs: We all like to eat simple things — what I call late-night cuisine — and the hamburger fits prominently into that category," he said in the book's introduction.

Flay says the burger "is the perfect sandwich, the perfect meal," and to achieve the best burger possible you have to treat each component with the thoughtfulness and respect it deserves.

A good burger begins with certified Angus ground chuck — 80 percent lean, 20 percent fat — seasoned with kosher salt and freshly ground black pepper. Occasionally Flay crusts the exterior of a burger with a spice rub, but

See **FLAY, C3**

Nat Tate has been the chef at Summit Restaurant since it opened in May.



TIDBITS

Summit chef earns praise in the horse set



SHARON THOMPSON
 HERALD-LEADER
 FOOD WRITER

Horse Society magazine calls Lexington chef Nat Tate "truly a culinary artist, striving for and achieving perfection with every dish he creates."

In the March/April issue, writer Tom House talks about his experience at Summit Restaurant and the food prepared by Tate and his staff.

House was served foie gras with griddled hominy cakes and microgreens, oven-roasted salmon with Sheltowee Farms mushrooms and wilted rainbow chard with pink peppercorn mango coulis, yellowfin tuna with sweet chili ginger glaze, and turtle cheesecake with bourbon caramel sauce.

Summit is at 1097 Duval Street. Call (859) 271-1400 or go to www.summitlexington.com.

More **TIDBITS, C2**



Check out Sharon Thompson's blog, *Flavors of Kentucky*, for recipes and lots of food talk.

A LA CARTE

THURSDAY, MARCH 26, 2009 | KENTUCKY.COM/LIVING | LEXINGTON HERALD-LEADER

SECTION C



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PHOTOS BY **PABLO ALCALÁ** | palcala@herald-leader.com

Brigitte Nguyen prepared her own invention — Chinese chicken burger with sriracha-lime mayo and rainbow sesame slaw — in her Lexington kitchen.

WINNER, WINNER, CHICKEN DINNER

She mixes Vietnamese cuisine with burgers, and contests eat it up



Nguyen is scheduled to prepare her burger-and-slaw combo at the National Chicken Cooking Contest in San Antonio on May 2.

By Sharon Thompson

swthompson@herald-leader.com

When Brigitte Nguyen traded financial spreadsheets for recipes, she really didn't expect to become a culinary star.

Nguyen, a California native, came to Lexington in 2006 to join her boyfriend, Michael Prather. Long-distance dating wasn't ideal, and Nguyen wasn't really happy crunching numbers.

"I always had an itch to be in the culinary profession," she said.

So before she made the trek from California she checked into the culinary arts program at Sullivan University, and within days of arriving in the Bluegrass she was enrolled in class.

"Honestly, when I moved to Kentucky I didn't think I was going to be especially inspired by the food. I came from California, which is such a melting pot of so many different kinds of cuisine," she said.

Nguyen was so encouraged by the discovery of "things I had never seen before or heard of before" that in less than three years she has won a national cooking competition, appeared on Food Network's *Ultimate Recipe Showdown*, is a finalist in the National Chicken Cooking Contest and appears on a wellness cooking segment on WLEX-TV on Tuesdays.

She has worked at Idle Hour Country Club and Holly Hill Inn, and now is making pastries for Wine + Market. Last summer Nguyen was part of the team of culinary students from Sullivan who traveled to Beijing to cook at the 2008 Summer Olympic Games. She also will join the culinary team for the 2010 Olympics in Vancouver.

It was during the international cuisine class at Sullivan that Nguyen created the burger that started her contest-winning streak.

For class, Nguyen made a favorite

See **NGUYEN, C2**

Recipes
 Chinese chicken burgers with slaw; spiced sweet potato oven fries.
 Page C2

THE FRU-GAL

Re-evaluating monthly bills can net some real savings



DEBORAH MORRIS
 CONTRIBUTING COLUMNIST

Evaluating your monthly bills can result in savings.

I started this process by going to my insurance company. I had it print out all my policies, then I looked them over and we discussed how to adjust them to my needs. I also found mistakes that I would never have noticed if I hadn't had them all in front of me.

Call your cable company, cell

phone company, Internet service provider and telephone company to ask whether they have any deals for you or whether your current deal is best for you. When you see added expenses on any of your bills, that probably means you do not have the right plan.

I have gotten rid of my land line and don't miss it. Remember that you are paying these companies for a service.

LG&E and Kentucky Utilities customers can sign up for the Demand Conservation program that entitles you to a free device that connects to your central air

conditioner, heat pump or electric water heater and will conserve power. The electric company will credit you up to \$20 a year for it. You also can opt for a free programmable thermostat to help you reduce energy demand. Sign up today by calling 1-866-857-2665. Go to www.eon-us.com.

An energy audit can conserve energy and reduce your expenses, too. The cost of the audit is \$15, which can be applied

See **FRU-GAL, C2**

Go to BluegrassMoms.com to find links to all the items mentioned here.



Deborah Morris' weekly column, *The Fru-Gal*, can help you get through these economic hard times a little more easily. If you know of a way to save some money, feel free to share it on *The Fru-Gal* blog on BluegrassMoms.com.