



CLASSIC AMERICANA



From crispy fried chicken to traditional apple pie, classic American food is deeply ingrained into our culture. We've compiled a list of some classic Americana meals brought to you by some of Central Florida's best chefs and craftsmen.

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JOE BROOKS PHOTOGRAPHY

Toasted's BBQ Brisket Grilled Cheese

Grilled cheese was an affordable and easy addition to the American diet during the Great Depression. Through the years, this simple sandwich has continued to hold a special place in the hearts and stomachs of Americans. Beef brisket, which is a cut of meat from the lower chest of the cow, is a staple of Texas barbecue that is commonly cooked in a smoker for hours over low heat. Toasted in Winter Park has combined these two classic dishes to create an adult version of grilled cheese that will please any palate.

Tips from Toasted

Invest in high quality ingredients: The better the ingredients, the better the sandwich. The chefs at Toasted recommend Olde Hearth Bakery breads. They are fresh, preservative-free and available at the East End Market and at the Winter Park Farmers Market every Saturday.

When buying cheese, be sure to read the label. Stay away from cheeses with a lot of additives and preservatives. Keep in mind, the longer a cheese is aged, the more difficult it will be to melt. The sweet spot for aged cheese is between zero to 18 months.

Turn up the heat (but not too much): Many guests at Toasted have shared that when making grilled cheeses at home they end up burning the bread before the cheese even melts. This happens because of the butter that is being used to toast the bread. Butter has a low flash point, meaning that the fat in the butter burns off at a low temperature, which causes the bread to burn easily. To solve this, make sure your cook top is set no hotter than medium heat. The sandwiches do take a little bit longer to cook; however, it will be well worth the wait when you have a perfectly gooey grilled cheese.

Weigh it down: A critical tool for cooking grilled cheese is the bacon weight. This is an inexpensive tool that can be purchased at any kitchen supply store and on many online retailers. This ensures that the bread is evenly toasted from end to end and that all ingredients inside the sandwich are heated through.

Go bold: Cheese can be extremely rich and dominant in terms of flavor. For readers who are looking to experiment with the traditional grilled cheese, make sure that the flavors of ingredients you are adding to the sandwich are bold and prominent. Super sweet ingredients such as honey and jam tend to pair great with grilled cheeses, as do very fragrant herbs like basil and sage.



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