



# GRANDDADDY'S LEGACY

*As told by Chris Barnes*

Growing up, I remember going to my grandparents' house every chance I got. They lived on a dairy farm in Oxford, North Carolina, and when I was growing up, and still to this day, nothing is better than being on that farm. It seemed that every year around the same time my grandparents would build a huge fire and cook Brunswick Stew all day long. I remember my grandfather standing over the fire, and adding ingredients one by one. He didn't have a cookbook with him out in the yard, but he did have years of experience and could tell you exactly what needed to go into his stew at any given moment. And he never made a small batch; Granddaddy's stew would feed the whole family for months. Even though he passed away years ago, I still wish that I

could go back and savor those moments one more time.

Thankfully, my family does what they can to keep my Granddaddy's legacy alive. My father cooks the same stew, in the same cast iron pot, over a fire so hot you can barely stand near it. From one generation to the next, the stew and the pot gets passed down, and new memories are made. These days, my son gets to see his grandfather cook over the open fire just as did I when I was growing up. My grandfather never met my son, but one day he will use the same pot and recipe as his great-grandfather, and he'll be able to pass it down to his children. To me, that's what cooking is all about—remembering the past, making memories, and cherishing the moments and time together. ●

## BRUNSWICK STEW

Makes 10 to 12 servings

- 1 tablespoon vegetable oil
- 1½ cups chopped yellow onion
- 3 cloves garlic, minced
- 1 pound ground chuck
- 1 pound ground pork
- 2 teaspoons smoked paprika
- 1 teaspoon kosher salt
- 1 teaspoon celery salt
- ½ teaspoon ground red pepper
- 1 cup barbecue sauce
- 2 (28-ounce) cans crushed tomatoes
- 1 cup chicken broth
- 2 tablespoons Worcestershire sauce
- 2 tablespoons firmly packed light brown sugar
- 1 pound pulled pork
- 3 cups frozen vegetable blend (corn, peas, and lima beans)

**FIRST** In a large Dutch oven, heat oil over medium heat. Add onion and garlic; cook, stirring occasionally, until tender, about 3 minutes. Add ground chuck, ground pork, paprika, kosher salt, celery salt, and red pepper. Cook, stirring frequently, until browned, about 10 minutes. Stir in barbecue sauce; bring to a boil. Stir in tomatoes, broth, Worcestershire, and brown sugar.

**LAST** Bring to a boil; reduce heat to medium-low. Add pulled pork and frozen vegetables; cover, and simmer for 1 hour and 30 minutes, stirring occasionally.

