Southern CAST IRON

Summer Vegetables | Peach Desserts | Skillet Pizzas

FARMSTAND CORNBREAD
ASHLEY CHRISTENSEN
POOLE’S DOWNTOWN DINER

Chef’s Table

The queen of Southern cuisine talks Southern cuisine and East Iron

POOLE’S DOWNTOWN DINER
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Culled and practiced Ashley Christensen is often described as a “food stunt.” But in truth she was trained in Southern food at a young age in the small town of Savannah, Georgia. Cooking—both of my hands and my imagination—has always been her passion. Her cooks are her partners, and she loves the challenge of cooking for people. The mouthwatering barbecue she invented is not your typical barbecue—it’s all about the sauce, the heat, and the person you’re cooking for. The Southern home-style cooking she introduced to the world is her birthplace. Ashley’s Southern food is a labor of love. A simple, raw, free-spirited style that was shaped by the years she spent in her mother’s kitchen, just wanting to do it all in the kitchen at home. This is the kind of cooking that grows from the heart and soul of a cook who loves to cook.

asheville cooking

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Likewise, the restaurant she owns and is the chef of Poole’s Downtown Dinners is not your typical diner. It’s a labor of love for Ashley and her team, just wanting to do it all in the kitchen at home. This is the kind of cooking that grows from the heart and soul of a cook who loves to cook.
I love the idea of cast iron being handed down,” she says. “It’s such an incredible thing that sort of tells the story of all the people who made it.” — C.J. CHRISTENSEN

Adams’s recipe for fried chicken is another southern tradition that gets a little something special from the chef. “I got the chicken nesting, that’s a recipe from my grandmother,” he says. “The addition of a couple of things in this one. It’s got a lot of southern flavors and the little bit of some more modern or eastern style.”

The recipe is as follows:

**Buttermilk Fried Chicken with Hot Honey**

- 4 large chicken pieces
- 1 cup all-purpose flour
- 1 tbsp salt
- 1 tbsp paprika
- 1 tsp cayenne pepper
- 1 tsp garlic powder
- 1 tbsp granulated sugar
- 1 tbsp honey
- 1 tbsp vegetable oil
- Hot honey

**FOR the BATTER**

1. Whisk together flour, salt, paprika, cayenne, garlic powder, and sugar.
2. Place chicken pieces in a large bowl and coat with the flour mixture.
3. Heat vegetable oil in a large skillet over medium-high heat. Add chicken and cook until golden brown on both sides, about 5 minutes per side.
4. Drizzle with hot honey and serve with additional hot honey on the side.

**FOR the HOT HONEY**

1. Combine sugar, garlic, and hot pepper sauce in a small bowl.
2. Add vegetable oil and mix until well combined.
3. Serve with chicken and enjoy!