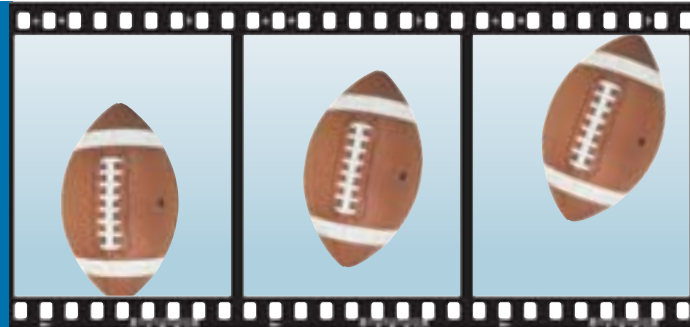


LIFE + FOOD

FRIDAY IN WEEKENDER OUR 10 FAVORITE FOOTBALL MOVIES



THURSDAY, FEBRUARY 4, 2010



ALLTECH

Alltech Brewing Co.'s Bluegrass Sundown is a bourbon-and-coffee liqueur.

TIDBITS

Alltech to unveil a new bourbon liqueur



SHARON THOMPSON
HERALD-LEADER
FOOD WRITER

Alltech's Lexington Brewing Co. will introduce its newest signature bourbon drink, Bluegrass Sundown, on Friday. Alltech founder Pearce Lyons will unveil the coffee-and-bourbon liqueur at 6 p.m. at Portofino Restaurant, 249 East Main Street.

Tickets to the unveiling are \$10, and proceeds go to Alltech's Haitian relief project. Call (859) 253-9300.

"The liqueur is served by mixing it with hot water, and cold heavy cream is poured on top, Irish coffee style," Portofino owner Wayne Masterman said.

Here's how to prepare Bluegrass Sundown: Shake the bottle; pour ½ part liqueur into glass; pour ¾ part boiling water; float heavy cream on top. Sip hot drink through the cool cream. The recipe is based on a 5-ounce serving.

Sundown is available at Lexington Liquor Barn stores for \$56.99. A gift set (bottle plus commemorative glasses) is \$69.99. Go to www.BluegrassSundown.com.

Seeking a recipe

L.A. Case of Santa Claus, Ind., formerly of Lawrenceburg, called to request a recipe for chocolate gravy.

"I must have lost my recipe when we moved," she said. When Case tells Indiana friends about chocolate gravy, they have no idea what it is.

"It's so good over hot biscuits and butter," she said.

If you have the recipe and would like to share it and information about its origin, mail it to: Sharon Thompson, Lexington Herald-Leader, 100 Midland Avenue, Lexington, Ky. 40508, or e-mail to swthompson@herald-leader.com.

More TIDBITS, B3

Kentucky.com

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



ILLUSTRATIONS BY CHRIS WARE | cware@herald-leader.com

THE GAME VS. THE GRUB

Plan a party for football and food fans alike

By Becky Sher
McClatchy-Tribune

Planning to watch the Super Bowl alone? Yeah, didn't think so. Watching the NFL's championship game is just one of those things you do together. If you're a true-blue football fan who's wrapped up in every two-point conversion or just another American enjoying too much food and too many outlandish commercials, chances are you're at a party.

For the hosts of those Super Bowl soirees, however, there lurks a challenge: How to throw a party that everyone can get into. Because let's face it, not everyone is all about the game. The Super Bowl has morphed from merely an awesome display of athletic acumen to a cultural touchstone. You can watch (and enjoy) the broadcast (if not the game) without the faintest idea what a nickel defense is. So how do you host a disparate group of friends for six (or more) hours of football, food and festivity? It's not as easy as it seems. Start with these tips:

1. Gauge the crowd (honestly)

Consider your guests: Are the football fans the type who won't tolerate any non-game talk while there is action on the field? Are any of your guests diehard fans of the two teams? Are the non-



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The recipe for Joe Montana's nacho guacamole and other party dishes are on Page B6.

fans so uninterested in football that they couldn't even pick Tony Romo or Tom Brady out of a lineup?

Answers to these questions will determine how concerned you need to be about providing separate space for guests who aren't focused on the game. Look at your space and determine how you can set aside separate space for guests who won't be glued to the tube. What about a card table with a 1,000-piece puzzle? At the very least, cluster a few chairs in a spot where guests can chat without screaming to be heard over the sideline commentators.

ON TV

Super Bowl kickoff show is at 6 p.m. on CBS. Game begins at 6:25 p.m.

2. Plan some DIY food

It's not that the guests watching the game don't want to eat. They certainly do. But they don't want to work for it. For those focused on the field, keep the snacks easy to eat, easy to reach and plentiful. It's not to say you can't conduct culinary experiments on Super Bowl Sunday, but honestly, most people expect you to color within the lines of traditional party food — chips and dip, guacamole, chicken wings, chili, pizza.

For guests who aren't catching every first down, consider offering food that doubles as an activity: fondue, top-your-own pizzas or a taco bar. Plan a cool cocktail or two that guests can mix themselves. Or put out the fixings for smoothies, milkshakes or sundaes. Game-watching guests can help themselves

See SUPER, B6



THE FRU-GAL

Organize: It will save time, money



DEBORAH MORRIS
CONTRIBUTING
COLUMNIST

This weekend, because it was cold and snowy, I decided it was time to organize my files. It is amazing how much paper we can accumulate in a short time. Being organized is a simple way to find a little bit of peace in your surroundings.

The Indiana Department of Financial Institutions has a great mini-lesson to help you determine what to keep and for how long. Tax records such as federal and state income taxes, gift and estate tax returns should be kept at least six years. Housing and investment records such as titles, deeds, trust agreements, wills, retirement plan agreements and power-of-attorney documents should be kept as long as the agreements are in effect. Investment purchase and sale records should be kept for six years after the tax deadline for the year of sale.

When filing your taxes, find out whether you can deduct the expense of a safe deposit box. That is a great place to put important papers: your marriage certificates, Social Security cards, birth certificates and deeds.

Freebies

■ The first 500,000 people who sign up for the new Denny's Rewards program online through Feb. 14 will receive a free burger and fries, available March 1 to 7.

Here are some other Denny's deals:

■ Free original Grand Slam breakfast, 6 a.m. to 2 p.m. Tuesday.

■ Free refills on french fries or pancakes at participating locations starting Wednesday.

■ Celebrate your birthday with a free Original Grand Slam meal at participating restaurants. Show proof that it's your birthday. Dine-in only.

See FRU-GAL, B2



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 Bluegrass-Moms.com and visit her Web site, www.fru-gal-friends.com.

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