

# Time

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Chef Jeff

## THE FATHER'S DAY FIX

COOKING SHOW HOST CHEF JEFF  
DISHES ON STARTING OFF YOUR DAY  
WITH A SPECIAL BRUNCH FOR DAD

By NINA REEDER →

In addition to hosting his nationally syndicated cooking series *Flip My Food with Chef Jeff*, Jeff Henderson is launching his first restaurant in New Orleans later this year. The culinary master, known for his remarkable redemption tale of going from being an inmate to an executive chef, is also an author, mentor and motivational speaker. And if you thought he couldn't juggle any more priorities, he's also the father of six, whose ages range from 2 to 32.

But when it comes to everyday dining, Chef Jeff likes to embrace simplicity as well as keep his family well-fed and satisfied with no pretenses.

In fact, Henderson sheds his "Chef Jeff" cred when he's with his brood. "I'm not a chef; I'm not on TV. I'm just dad, so there is no intimidation," he says.

Still, he proudly shares that two of his three daughters are becoming excellent cooks, and his wife (also gifted when it comes to grub) is always willing to take the reins after he's spent a tiresome day on set or in a kitchen.



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Without question, there are caveats to feeding the Henderson family: His wife is vegetarian and his children are vegan. "It can be a challenge," he admits. "There are typically three variations of a meal that go on in our home." That means that when the Hendersons dote on Daddy with some carnivore-centric cuisine, the occasion feels extra special because he knows they're taking care to serve the food he loves—a practice he recommends for anyone willing to take on a Father's Day meal.

"When you decide to cook for a person, you have to have a clear understanding of his or her likes or dislikes of proteins, vegetables and grains," explains the chef. "Whether it be Father's Day or any holiday, it's having inside information on those guilty pleasures that will make the meal more enjoyable."

With that in mind, Henderson suggests this deliciously hearty brunch menu with an inviting assortment of meats, seafood and sweets. He promises it's a savory meal most "old-school" dads like himself would really dig—or to be more precise, dig a fork into.



## Chef Jeff's Father's Day Brunch

### 1 | SHRIMP AND GRITS SERVES 3

#### INGREDIENTS

##### Grits

- 3 cups chicken stock
- 1 cup instant yellow grits
- 1 cup smoked cheddar cheese, shredded
- 2 tablespoons butter
- Kosher salt
- Freshly ground black pepper

##### Shrimp

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, diced
- 1 medium green bell pepper, diced
- ½ tablespoon garlic, minced
- 6 cherry tomatoes, halved
- 12 medium-large gulf shrimp, peeled and deveined, tails on
- 2 teaspoon Creole seasoning
- 2 dashes Crystal hot sauce
- Juice of 1 lemon
- 4 green onions, sliced

## DIRECTIONS

For grits: Bring chicken stock to boil in a saucepan over medium-high heat. Slowly whisk in grits; reduce heat to low, stirring constantly about 15 minutes or until smooth and done. Remove from heat; stir in cheese, butter and salt and pepper to taste. Cover to keep warm; set aside. For shrimp: Heat olive oil in a large skillet over medium-high heat. Add onion, bell pepper, garlic and tomatoes, sautéing until softened and fragrant. Dust shrimp with Creole seasoning before adding them to the skillet, sautéing for another 5 minutes or until shrimp are pink and cooked through; add hot sauce and lemon juice. Spoon the grits evenly into serving bowls, the top evenly with shrimp and green onions. Serve immediately.

## 2 | SOUTHERN FARM FRESH EGGS WITH BACON, COLLARD GREENS AND SWEET POTATO

SERVES 3

### INGREDIENTS

½ tablespoon unsalted butter  
6 thick-cut slices applewood bacon strips or turkey bacon, diced  
2 cups sweet potato, peeled and cut into ¼-inch cubes  
1 bunch collard greens or kale, stems removed and cut into narrow strips  
1 tablespoon fresh garlic, minced  
Kosher salt  
Freshly ground black pepper  
3 large farm-fresh brown eggs  
1 pinch chili flakes  
3 dashes Crystal hot sauce

### DIRECTIONS

Preheat oven to 350 degrees F. Melt butter in a cast iron skillet over medium-high heat on stovetop. Add bacon and sweet



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potatoes; cook until desired doneness or until fork tender, about 10–15 minutes. Add greens and garlic; sauté for another 4–6 minutes. Season with salt and pepper to taste. With wooden spoon, spread hash evenly around skillet. Make three small openings within the hash to crack an egg in each opening (do not stir). Continue cooking eggs and hash for 1 minute, then resume cooking in oven for additional 3 minutes. Remove from oven and sprinkle red chili flakes on egg yolks. Drizzle dish with Crystal hot sauce. Serve family style with hot biscuits or toast.

## 3 | GRILLED FRUIT SHORTCAKE WITH HONEY-SPICED GREEK YOGURT

SERVES 4

### INGREDIENTS

½ cup Greek yogurt  
½ tablespoon honey  
½ tablespoon cinnamon  
4 slices angel food cake  
4 tablespoons extra-virgin olive oil  
2 tablespoons rosemary leaves, chopped



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1 cup fresh ripe but firm peaches, cut into 1-inch pieces  
1 cup fresh strawberries, stemmed and quartered  
2 sprigs mint leaves, chopped  
4 mint tops

### DIRECTIONS

Preheat grill to medium-high heat. Whisk yogurt, honey and cinnamon together in a bowl; set aside. Lightly brush both sides of cake with oil, then sprinkle rose-

mary leaves on both sides. Grill sliced cake and peaches on both sides until grill marks appear, about 30–60 seconds for the cake and 3 minutes for the peaches. Remove from grill and set aside. In another bowl, toss grilled peaches, strawberries and chopped mint together. Arrange grilled slices of cake on plate, then spoon fruit and yogurt mixture on top. Garnish with mint tops.

### Try the chef's tips to perfecting a filling Father's Day brunch.

• **Appealing to Pop's tastes** doesn't just mean his palate. Adjust your table presentation to his

aesthetics, too. "He is probably not into the fancy china, silverware and table service, so you can go a little more rustic, a little more country with mason jars ... or the table mats of the old days," says Henderson. "I think dads would have a

great appreciation for the sort of things that evoke memories of growing up." • **Tired of underwhelming eggs?** Shop for eggcellence. "Start off with a farm-fresh, free-range organic egg. The flavor is totally different," he advises.

• **If you have any dietary restrictions** in your home, be ready to modify your menu choices. For example, his family members are fans of vegan scrambled eggs, so Henderson says he'll sauté ¼ cup each of diced

onion, pepper and celery with 12 ounces of firm tofu (drained and pressed to rid it of excess water). He advises seasoning as you would a traditional scramble but adding ½ teaspoon of turmeric, to give the tofu an egglike color.