

SIDE DISH

Kentucky Hot Brown

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	10 min	15 min	6	\$0.96	424 kcal



The recipe Kentucky Hot Brown could satisfy your Southern craving in approximately 25 minutes. One serving contains 427 calories, 15g of protein, and 28g of fat. For 96 cents per serving, this recipe covers 14% of your daily requirements of vitamins and minerals. This recipe serves 6.

Ingredients

- ☐ 4 ounces butter
- ☐ 6 tablespoons Flour to make a roux (about
- ☐ 3 cups milk
- ☐ 6 tablespoons grated Parmesan cheese, plus extra for topping
- ☐ 6 servings Salt and pepper, to taste
- ☐ 1 ounce whipped cream (optional)
- ☐ 1 beaten egg
- ☐ 8 strips fried bacon
- ☐ 1 cup sauteed mushrooms
- ☐ 1 Slices roast turkey
- ☐ 8 slices toast (may be trimmed)
- ☐ 1 whole tomato, sliced

Method

- 1 Melt butter and add enough flour to make a reasonably thick roux (enough to absorb all of the butter).
- 2 Add milk and 6 tablespoons Parmesan.
- 3 Add egg to thicken sauce, but do not allow to boil.
- 4 Remove from heat. Fold in whipped cream.
- 5 Add salt and pepper to taste.
- 6 For each Hot Brown, place 2 slices of toast on a metal (or flameproof) dish. Cover the toast with mushrooms and thinly sliced tomatoes, then cover with a liberal amount of turkey.
- 7 Pour a generous amount of sauce over the turkey and toast.
- 8 Sprinkle with additional Parmesan.
- 9 Place entire dish under a broiler until the sauce is speckled brown and bubbly.
- 10 Remove from broiler, cross 2 pieces of bacon on top and serve immediately.

Nutrition per serving

	424 KCAL	15 g PROTEIN	27 g FAT	30 g CARBS
Saturated Fat				15.1 g · 95% of daily needs
Fibre				1.3 g · 5% of daily needs
Sugar				8.6 g · 10% of daily needs
Sodium				831 mg · 36% of daily needs
Cholesterol				102 mg · 34% of daily needs
Vitamin C				3.1 mg · 4% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/kentucky-hot-brown-148113