

# A TASTE OF MBLC

The Multi-Bar Leadership Council held its 2nd Annual Diversity Celebration and Cook-Off Competition at Grant Park on April 26, 2014. This year's theme, "Around Atlanta, Around the World" showcased culinary delights in three categories from eleven member MBLC organizations. This year's winners include: South Asian Bar Association—Georgia (SABA-GA) in the Appetizer category; Stonewall Bar Association in the Entrée Category and Georgia Asian Pacific American Bar Association (GAPABA) in the Dessert Category. The best representation of the theme was won by the Stonewall Bar Association.

President Wade and Betty Bentley Watson represented the Atlanta Bar Association with a traditional southern dessert from a Watson family recipe, Boiled Custard. The dish dates

back to the ancient Romans, and the chilled custard was a clear crowd pleaser (see recipe on page 23). Competitors and guests enjoyed food, fellowship, and music from the band, Greg Presmanes and the FOG.

This year's judges were The Honorable John F. Doran Jr. (State Court of Gwinnett County), The Honorable Susan E. Edlein (State Court of Fulton County), The Honorable Christopher J. McFadden (Court of Appeals of Georgia), The Honorable Jane Morrison (State Court of Fulton County), The Honorable Christopher Ward (Municipal Court of Atlanta) and The Honorable Alvin T. Wong (State Court of DeKalb County).

The event was sponsored by Alston & Bird LLP, King & Spalding LLP and 108B Catering.



Pictured from left to right at the 2nd Annual MBLC Diversity Celebration & Cook-off Competition are **Atlanta Bar Association President Wade H. Watson III** (*Caldwell & Watson*) and **Betty B. Watson** (*wife of Wade H. Watson III*).

## *Day Watson's Boiled Custard*

(pronounced "bawwled" custard)

This traditional southern dish has been served in my family for as long as I can remember. It is used both as a dessert and as a remedy for anyone feeling "poorly." One of my first memories of it is when my mother made a huge batch of it and she would not let me have any because it was for my baby sister who had been sick and needed to build up her strength. More recently, my mother kept a supply of it in her refrigerator for my father, who needed it to keep up his weight and strength after he contracted pancreatic cancer. It kept him alive for six years.

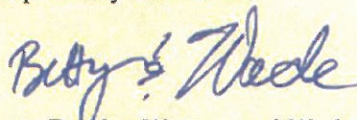
It is made of three ingredients: whole milk, eggs, and sugar. You scald the milk in a separate pan and then add it slowly to the eggs and sugar, heating in a double boiler. You stir it constantly until it reaches the desired thickness. Chilling it for a while adds to the thickness and flavor. Some people add vanilla, but our family likes it straight, or with a dollop of vanilla ice cream. Boiled custard is the ideal sauce over pound cake, cobbler, or fruit, and adventuresome cooks may add an extract or liqueur (think eggnog). Betty likes a simple shake of nutmeg sprinkled on top.

The origin of this elixir dates back to the ancient Romans, who used eggs as thickeners to create custards and creams. From the Romans it made its way to England. The English love to use sweet custards in many desserts. The French came to know it from the English and reluctantly acknowledged that it is pretty good (if you have to eat English food for diplomatic reasons). They called it "Crème Anglaise." From England the dish spread throughout the British Empire, which explains how it became known in the American South.

Boiled custard is made and served primarily at home. Atlanta restaurants serve many fancier desserts based on the custard theme. The Atlanta Fish Market serves "New Orleans Style Bread Pudding With Italian Rum, White Raisins, and Vanilla Cream Anglaise." At the Bistro Niko you may order "Crème Brulee a la vanille." The Corner Café offers "Custard Crème." Kyma entices you with "Creamy Rice Pudding, lightly dusted with Cinnamon."

For all of the above reasons, and for others to be presented in oral argument, The Atlanta Bar Association shows that Day Watson's Boiled Custard is in fact the perfect dish to illustrate the MBLC cook off theme of "Around Atlanta—Around the World," and therefore it should be awarded first prize, instantter.

Respectfully submitted,



Betty Bentley Watson and Wade H. Watson III  
Chef/Presenters for The Atlanta Bar Association

Shown above is "Day Watson's Boiled Custard" recipe prepared for the 2nd Annual MBLC Diversity Celebration & Cook-off Competition by **Atlanta Bar Association President Wade H. Watson III** (*Caldwell & Watson*) and **Betty B. Watson** (*wife of Wade H. Watson III*).