

Comment, blog & share photos
Log in | Become a member | Search people

GET C-J NEWS ON THE GO
Mobile sites | iPhone version | News text alerts

Pendennis Club's Bain's sauce a Louisville staple

BY MARTY ROSEN • SPECIAL TO THE COURIER-JOURNAL • DECEMBER 9, 2009

Comments (4) Recommend (3) Print this page E-mail this article Share

1 | 2 Next Page

When Henry Bain died, on May 1, 1928, a few days before Reigh Count won the 54th running of the Kentucky Derby, it was not only front-page news in Louisville, but worthy of notice in The New York Times. "He was a negro, and his station in life was that of a headwaiter," The Times said. "But he was easily one of the most conspicuous citizens of the Kentucky metropolis."

ADVERTISEMENT

- Sadness
- Loss of interest
- Anxiety
- Aches and pains
- Fatigue



Cymbalta is indicated for the treatment of depression.



- Safety Information and Boxed Warning
- Prescribing Information
- Medication Guide

What should I talk about with my healthcare provider?

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, thoughts of suicide, anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility,

- You have recently taken a type of antidepressant called a monoamine oxidase inhibitor (MAOI)

Alas, there's no statue of Henry Bain to be found in Louisville or its surrounds. And perhaps he doesn't need one. After all, there are plenty of plinths occupied by folks whose names have long since been forgotten. But any Louisvillian who cares about food knows the name Henry Bain.

He started out as an elevator boy at the Pendennis Club and gradually rose to become one of the most prominent headwaiters in the country, a man who would meet and greet Teddy Roosevelt and William Howard Taft. Thanks to research conducted a couple of years ago by The Courier-Journal's Larry Muhammad, we know that in 1899 he married Daisy Welch, that he made his home at 1212 State St. in New Albany, Ind., and that he was buried at West Haven Cemetery.

We also know that early in his career he invented the sauce that bears his name. At first, Henry Bain's sauce seems to have been a complement to the freshly killed game brought down by Pendennis Club members (back then, one could hunt in close proximity to downtown Louisville). But it wasn't long before club members started pouring it over steaks and tenderloin, adding dollops to stews, and drizzling it over baked potatoes.

Over the last century, it's become as important a part of Louisville food lore as the Hot Brown

and the Benedictine sandwich. More than a few area restaurants whip up house versions to serve with burgers and steaks. Several area markets sell their own versions in jars or plastic containers. And there must be thousands of stained 3x5 index cards tucked away in local kitchens by home cooks who serve Henry Bain's sauce at casual cookouts and fancy dinners.

But until a couple of months ago, the only people who had access to the original version of Henry Bain's sauce were members of the Pendennis Club, 218 W. Muhammad Ali Blvd., who could buy jars of the stuff made according to Henry Bain's own original recipe.

1 | 2 Next Page

4 Comments >>
Read and share your thoughts on this story.



The Pendennis Club's Henry Bain's Famous Sauce. (By Matt Stone, The Courier-Journal) Dec. 2, 2009

[Purchase this Photo](#)

ADVERTISEMENT

Irving Berlin's WHITE CHRISTMAS
The Kentucky Center
Click Here for Tickets
PNC BROADWAY ACROSS AMERICA
TM & © 2009 Paramount Pictures and TM & © 2009 The Estate of Irving Berlin. All Rights Reserved.

More Features headlines

- New Year's toasts bid farewell to the decade (1)
- Science | Sleeping habits of tiny bat in Madagascar puzzle scientists
- Incredible Inman | Remembering Edward Woodward
- Monday's TV talk

Latest headlines

- Stocks edge higher following retail sales data
- Homework helpers needed for immigrant children at Iroquois Library (2)
- Fire destroys much of Indiana historical collection
- Buffalo coach says Brohm looked OK in first NFL start (4)
- Store that sold \$128.6 million Powerball ticket identified (1)

ADS BY PULSE 360

[Get Listed Here](#)

Villanova PMI Training
Nations Leading Online PMP Certification—Free Info
www.VillanovaU.com/PM

Online Six Sigma Training
Earn Six Sigma Master Certificate From Villanova U
www.VillanovaU.com

Hot Stock Alert - EVSO
Solar Power Your Portfolio With Evolution Solar. Invest.
www.EvolutionSolar.com

Comment, blog & share photos
Log in | Become a member | Search people

GET C-J NEWS ON THE GO
Mobile sites | iPhone version | News text alerts

Pendennis Club's Bain's sauce a Louisville staple

BY MARTY ROSEN • SPECIAL TO THE COURIER-JOURNAL • DECEMBER 9, 2009

Comments (4) Recommend (3) Print this page E-mail this article Share

Previous Page 1 | 2

(2 of 2)

Recently, though, Pendennis Club chef Robert LaFever worked with Louisville-based Flavorcraft to develop a version that could be bottled for retail sale and distribution — but still be good enough to make Henry Bain proud to have his name on the bottle.

ADVERTISEMENT

Get customized resources that can help.

Take the First Step

Cymbalta is indicated for the treatment of depression.

- Prescribing Information
- Medication Guide
- Safety Information and Boxed Warning

Important Safety Information for Cymbalta® (duloxetine HCl)

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Suicide is a known risk of depression and some other psychiatric disorders. Call your doctor right away if

They accomplished just that. A couple of weeks ago, I tasted the Pendennis Club Original Henry Bain's Famous Sauce (which comes in an eight-ounce bottle adorned with the club's symbolic eagle) against a few store brands and another commercially sold version. The result was a narrow victory for the Pendennis Club. The Melrose Inn Brand Henry Bain Sauce, widely available in the region, came in a very close second (and if you're a Bain-head, you might consider buying jars of both, and conducting your own tasting). None of the other versions had enough pungent spirit to compete with these two.

The Pendennis Club's version is a robust sauce built around the clashing sweet and savory flavors of good chutney. It's a sauce that hints at raisins, mangoes, citrus, tomatoes, garlic, onions and vinegar. And it's gently processed to preserve the finely grained texture of the ingredients — you can feel those microscopic bits of minced garlic and crushed walnuts in every bite.

Pendennis Club general manager James Amundson says, "We wanted to make the sauce available to the public — but only if we could give them a product as good as the one we serve in the kitchen." Like most folks, I've never dined at the Pendennis Club, but it's hard to imagine the version they serve in the kitchen could be better than this.

An eight-ounce bottle will set you back about \$6.50; you can find the Pendennis Club's Henry Bain Sauce at Taste of Kentucky, Doll's Supermarket, Paul's Fruit Markets, Lotsa Pasta, Butcher's Best and other area specialty shops. Buy a couple of jars — one for your own kitchen, and one to send your favorite Louisville expatriate who craves the tastes of [home](#).

Is there a food or cooking gadget you love? E-mail freelance columnist Marty Rosen at cjdining@gmail.com.

Previous Page 1 | 2

4 Comments >>
Read and share your thoughts on this story.



Purchase this Photo

The Pendennis Club's Henry Bain's Famous Sauce. (By Matt Stone, The Courier-Journal) Dec. 2, 2009

ADVERTISEMENT

Get customized resources that can help.

Take the First Step

Cymbalta is indicated for the treatment of depression.

- Prescribing Information
- Medication Guide
- Safety Information and Boxed Warning

Important Safety Information for Cymbalta® (duloxetine HCl)

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Suicide is a known risk of depression and some other psychiatric disorders. Call your doctor right away if

More Features headlines

- New Year's toasts bid farewell to the decade (1)
- Science | Sleeping habits of tiny bat in Madagascar puzzle scientists
- Incredible Inman | Remembering Edward Woodward
- Monday's TV talk

Latest headlines

- Stocks edge higher following retail sales data
- Homework helpers needed for immigrant children at Iroquois Library (2)
- Fire destroys much of Indiana historical collection
- Buffalo coach says Brohm looked OK in first NFL start (4)
- Store that sold \$128.6 million Powerball ticket identified (1)

ADS BY PULSE 360

Get Listed Here

Villanova PMI Training
Nations Leading Online PMP Certification—Free Info
www.VillanovaU.com/PM

Online Six Sigma Training
Earn Six Sigma Master Certificate From Villanova U
www.VillanovaU.com

Hot Stock Alert - EVSO
Solar Power Your Portfolio With Evolution Solar. Invest.
www.EvolutionSolar.com