KAHLIL ARNOLD

Arnold's Country Kitchen - Nashville, Tennessee * * *

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[Begin Kahlil Arnold-Arnold's]

00:00:02

Jennifer Justus: This is Jennifer Justus, and I'm at Arnold's Country Kitchen in Nashville, Tennessee with Kahlil Arnold. And if you'll spell your name for me, please?

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Kahlil Arnold: It's K-a-h-l-i-l--A-r-n-o-l-d.

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JJ: Thank you. So what was it like growing up here in the restaurant business?

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KA: I guess, you know, I guess you can say it's chaos [Laughs]. You know growing up in the restaurant business, I liked it. It seems like, you know, as a kid everybody was — it was a fun place to be. Everybody was happy. The customers always seemed happy and my family was always happy. So it was a really fun place to be, but it was a lot of work. [Laughs] So I, I was actually in college, because I enjoyed cooking, but my dad, I guess was — he's, he's a hard person to work for. A great guy. He just, you know which I'm glad now. I realize the reason he was hard on me is because he, you know, teach me good work ethic and to be a better person and to be a harder worker and was — would critique everything really harsh and just tough on it. But you know, without that I wouldn't be half as, as good as cook or, or just really in anything, any part of life as I am now because it taught me good work ethic — work ethic and just a good sense of taking pride in what you do, so —.

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JJ: What's your first memory of working here, you know like even — not officially even but

helping out, pitching in and what was that like?

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KA: I can remember like one of the first things I remember doing is my dad making me wash

pots in the back. [Laughs] So you know that was — it was hard. You know, but he said you got

to learn the business from the ground up, so that was—. And then I also remember sneaking out

the back door. And we used to have a phone booth right in the front, [Laughs] and I remember

sneaking out there to call my girlfriend. I think I was like thirteen. But I really remember

working here, you know. So it was — it was good. I was — it was over a summer break, I

remember he had me working — doing some pots, and I remember sneaking. Washing some

pots and after I finished them I snuck out the back and went around to the front to use the old

phone booth.

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JJ: Did you get caught?

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KA: Many times. [Laughs]

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JJ: And how did you decide to work, you know, to take this business and did you feel pressure or how did that come to be?

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KA: You know I enjoyed — I enjoyed the restaurant business. I was a — I experimented when I got out of college with different, different avenues with different things. I ended up working for Tom Morales at the Loveless, and I was the front of the house manager, and he was going to make me the GM. And, and at that time my dad was, was older and, and he was having to replace his whole entire staff in the kitchen. And so my brother, mom and I came in and I spoke with Tom, who is a wonderful person. He — I explained to him that my dad was older. I didn't want him to lose his restaurant; that he, he was kind of in need of, of us to come back and help and to get things right again. And he didn't know exactly which direction — he wanted to either sell or just you know — he knew that he couldn't physically do it. And I guess my brother and I both had done this since we were — pretty much done it since were in children, cooking in the kitchen — that I explained all this to Tom on a Thursday. And Tom Morales, the good person he was said, you know, he was like "Take whatever kitchen staff you need of mine. I'll, you know, I will be more than happy. He's like, "Take my whole staff if you need it. I've got plenty — and as long as you need."

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You know and I didn't — I just — he said, "You know you can," he said, "You can have three days and then you can go, you know, help your family. No problem." So I guess I've been back ever since and once I came back I guess I had forgotten how much I enjoyed cooking and enjoyed doing what we did here. And, and ever since then my brother helps me every now and then when I have big, big jobs, but besides that I've just you know once — I guess it was

probably about six or seven years — once we came back it was just like I didn't, I didn't want to let it go, so —.

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JJ: And what year — so six or seven years ago, and how old were you?

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KA: Well I mean I've worked in the kitchen you know probably since I was thirteen or fourteen on and off. And then so let's see I'm thirty-five. I guess maybe '97 — I was like twenty-eight I think when I came back, so that was about seven years ago. I'm thirty-five now. So seven years ago that would have been 2005, yeah.

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JJ: This —

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KA: Actually I can remember now. I came back for a stint. Right before I left I remember 09/11 happening and then I left for a couple of years after I graduated and then I came back. So I guess left a year after 09/11, and then I came back two years later, so when was 09/11—2002, 2001? It was 2001, 2001 so, so I left about 2002 or '03 and then I came back in '05, so I wasn't gone long.

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JJ: And this might seem obvious but how did you learn to cook?

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KA: Actually from my father and actually from one of the — one of the bus boys here now, Will, he used to work in the kitchen and my older brother, and then just by experimenting and trial and error. I mean they taught me the basis of this food here, of, of Southern cooking, and then my dad showed me his way, and then my brother showed me what, you know, what he had learned, plus his kind of own, own spin on it. And then the guy Will Gordon who is our bus boy actually was a great cook and cooked many places growing up. He showed me, you know, what he had learned from my dad and other cooks that had worked here and, and he kind of gave me his spin on it. And so, and then I guess from there I just — a lot of it was trial and error and reading and just experimenting and asking my dad questions and you know playing around with stuff and —.

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JJ: What do you like to make most nowadays?

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KA: Oh I mean I don't think there's one true thing that I like to make most over anything. I mean it's just, you know, I like to — it's like the chicken and dumplings. You know what I mean? It's just — I like the whole process of like, you know, getting the chicken bones and breaking down the whole chicken and, and then cooking the, the leftover chicken scraps with all the seasoning and, and all the, all the spices. And, and then to see that you know start off from a chicken and the broth and the — then to come back the next day and then, then to do the dumplings and, you know, kind of the whole process of — from beginning to end. You know

you started off with the whole chicken and then now you've got, you know, dumplings from that. And it's just, you know, the whole process of doing stuff like the brown gravy from, you know, using the beef bones. And that's been fun. We've been getting these big old beef bones in and, you know, saving all the scraps all week from the beef, and then making you know making the brown gravies and, and that kind of stuff.

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So I mean you know I guess it's all — I enjoy the process of starting from scratch and then working our way down to the end. So there isn't probably one thing I like making more than the other. It's just you know everything pretty much.

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JJ: Do you cook outside of here for yourself or —?

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KA: Oh yeah. I used to — yeah I cook outside of here for myself. I experiment a lot at home. I make a lot of — I do a lot of more smoking and grilled things and I do — I play with a lot of fish(es) at the house, so I mean and do a lot of entirely different things than I do here. Then try to incorporate eventually something back into here. You know and so and I've — I do anything from risotto to all kinds of different things at the house and then, and then, and then, you know, if I ever have a leftover that I need to use for something or we're ever doing a wedding or, or something like that then I'll try to, you know — and they want a little more than what we typically do then I'll be able to, you know, be ready to have more.

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And then you never know. I mean if — one day we started doing night, kind of you know, do a little — a little something different on top of what we typically do, and then that, you know, kind of helps me out. So yeah, I do enjoy to cook at home when I get time.

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JJ: How have you seen the food here change and how have you seen it stay the same?

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KA: Well I've seen the food change a little bit because you know according to my dad you don' — you don't broke — you don't change something that ain't broke. So I definitely have left the majority of the core things that are — that we've always had. The roast beef, I mean is our staple. We have it every day of the week. You know I — by experimenting it's like for beans for instance. You know what I do is I start, you know before we use, before, I guess probably about five or six years ago I started making risotto, you know, at my house and experimented with that using chicken broth and all kinds of stuff. And I liked how you, you know, you cook the onions and the garlic and stuff in the oil and you get the flavor out. And so then I incorporated that and started the way we do our beans.

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I soak our beans overnight and then I strain them and then I, I sauté the onions, the hog jaw, and some — and some rendered bacon fat and some salt and some black pepper all together in the pot and I get that all going. And then I'll — after about 10 minutes of cooking that — I will put in, I will put in the beans and, and stir those in and then slowly add the water. And so, and I think our beans have, you know really, I'm still using the same ingredients he did, but in

my opinion they might taste a little bit better. So that's — but it's a different style of cooking it, but it's still the same thing, you know.

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So possibly that has helped me, you know, just kind of learn some new, new ways of, you know, there's more than I guess one way to skin a cat. So I mean it's like, you know, as long as we're still getting the same — pretty much the same flavor as kind of you know — plus it keeps me experimenting, and it doesn't get boring and you know it's just — it's fun. We can be creative. You know, you, you get to come to the same place, come to the same answer but you're doing it a totally different way and, and so you know, you never know what else it might help you learn from that.

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JJ: What about people? How have you see the people change or have they?

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KA: Well I've definitely seen the people change. You know Nashville is a really, you know, the convention center — Nashville is a huge growing city, and it — you get a lot of people from who have never eaten Southern food from different parts of all over the world. You've got, you've got Dell that moved in and they brought people from all over the world that have never eaten Southern cooking. And you have people from — who have come from up North who haven't really ever been exposed to Southern cooking. And, and so you might have people of three or four generations who have lived in New York, and then they've come here to Nashville for a job, and you know and, and they've never really experienced Southern cooking.

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I mean there's some — they'll say well, we've eaten at some Southern places up there, but they don't taste like this, you know. Or when I've eaten at other restaurants around town, you know it's just — it's a little bit of different style. But you know, we were on the diner show [Interviewer's note: the diner show he refers to is *Diners, Drive-In and Dives* on Food Network] and that definitely helped out a lot. But then we still have the same customers who have eaten here for 30 years, you know. I can, you know — it's good to see in here a lot of people that they ask me how my dad is doing. You know, "Where's Jack? Where's he been? How's he been? What's — he up fishing? And tell him to call me." And you know then you — well Brenda Lee has been coming here a lot recently, and it was great because we hadn't seen her in several years, and then all of the sudden it's like, "There's Brenda Lee." And she was one of the staples here. I mean she used to come in here all the time. And then, and then you didn't see her for like seven or eight years. And then all the sudden she's back all the time again. And, and then now you've got the newcomer, well Dierks Bentley, I mean he, he used to come here before. I can remember Dierks coming in here hungover playing small little gigs in town, you know trying to make it, being one of the nicest people you'd ever meet. And now two weeks ago he had a Number One Party, his ninth Number One Party, so he has a ninth number one hit. And he had it here, and it was awesome because you got to — I got to watch. I got to listen to him kind of talk to all these people from RCA and talk about, you know, what it meant to him to have a ninth number one and it was just so humbling because here was this guy that you thought would get changed by you know—.

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Hadn't seen him. You know, he comes in every now and then. Not as much as he used to. He's busy traveling and it was great to see that. He was still the same person. You know he was thanking everybody. He said you know, it was a pleasure to him because this is what he loves to

do, and is just, you know, thanking everybody. And it was just, you know, so it was good to see that people leave and go away and then they come back, and they're still the same person and you still, you know, get to do the same thing for them, and you get to put a smile on their face by trying to serve them good food, you know, so that was cool.

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JJ: Well what's your day like? What — how does it go?

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KA: My day, I get her at five in the morning and get to throw on — if everybody shows up to work it's pretty smooth. You get to come in, and you get to make sure everybody is putting on what they're supposed to be putting on. We put on the macaroni sauce first thing in the morning, and we put on the potatoes. We put on the — you know, we put on enough food to run out, because we want to make more. You want, you know, you don't want to make potatoes at 10:30 that at — you don't want to put potatoes on at 5:00 that you have, you serve at 2:00 because you'd rather run out and make more because they taste better fresh. So we, you know, we use enough for a couple of pans and then we make a little more certain things.

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We'll put on the macaroni and cheese. We put that together. We put on, we put on huge pots of green beans. We put on big things of turnip greens because the longer greens and like green beans sit in the broth and the, the better they are because the more they absorb the flavor of what they're — what they cooked in. Let's see here. And then we usually make — check all of our pies and make those in the morning — the pecan, the chess, the chocolate, the banana pudding. We put together every morning, the bread pudding. You know, then we, then I see what

kind of fun we're going to have with the extra vegetables, so we, we started I guess probably about three years now we do another vegetable on top of what we always did before, and then we try to incorporate leftovers.

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Like tomorrow, I made a bunch of creamed corn today, so tomorrow I'll put a bunch of — I'll put some flour and sift some flour and, and just some onions and, and bacon, bacon pieces and peppers and we'll make a corn pudding. And so it's like — and then sometimes we'll do green bean casserole with the leftover green beans, so it's like you know, it is a way to kind of you know—. And everybody is like, "Well my creamed--my corn pudding doesn't taste like that they'll say." And I'm like, "Well yeah, but you got to think this came from creamed corn. So it already had flavor, and then we gave it more flavor on top of the flavor it already had."

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So my day typically, you know, and it gets me to kind of play around with new things and, and new ideas. And you know, we started making our own chow-chow, and you know and it's just kind of you know, it's just kind of do it. You know we're going to start pickling our own stuff over the summer, our own like okra and stuff. And I'll tell you what though. I did fried okra last year. And it's been a while since I've done it, and I forgot how much not fun it — I mean it was fun but cutting up all that okra, you know because we do so many you know, so it's not like doing twenty orders of okra. It's doing like 200 orders of okra and cutting it all up and boiling it before in some vinegar and water and then, and then letting it cool and then chopping it up and then trying to fold in the seasoning, and it's like, it's fun times.

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It's, so my day is typically — and then you know once we make sure everything is ready for the line, I will see what we got, and then, then you know I get to come out and make sure everybody gets what they want, and I get to see the smile on everybody's faces and —.

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Jack Arnold: Kahlil is my right hand.

00:17:03

KA: I'm his right—. All right, come on dad. He'll talk to you for a day, all right. I love you dad. Be careful. Don't, don't drive too fast. [Laughs]

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JJ: Does he drive fast?

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KA: No, he doesn't drive fast. Huh?

00:17:37

JJ: We were talking about your day.

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KA: Oh yeah, and then once we, you know once we get everything on the food and the line then it's — then it's a lot of fun. I mean it's fun in the morning. The pressure, the pressure is kind of off. You've got everything flowing. You get to see hopefully a lot of happy customers and, and

to taste your food. So that's, I mean that's pretty awesome. And everyday it's kind of like, you know, you get to see your hard work. It's, it's, what's the word I'm looking for? It's really, it's great because you get to see your payback really fast for your hard work. And then you get to a see a lot of people who you've made relationships with — customers who have been coming here you have met through coming — that have been coming here for twenty years.

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Like we have one guy Neal. He's been coming here, he's — his dad owns a sheet, is it a sheet metal? Or, or is it sheet metal? They do kind of a — he's a connector, steel connector and they do all kinds of skyscrapers. He's been doing stuff with Bell South, and anyway, he's been — he loves the food. He's been coming here, and I got to see him before he was married and now he's married, and now he's got a, a nine- or ten-year-old son who plays travel baseball and, and we get to talk a lot because I got a daughter who plays travel soccer. And we talk about sports. And it's just fun to see the relationship and, and to see the familiar faces you've seen for such a long time and, and the good thing is you know when you get to know them comfortably they let you know if something ain't right too. So they're like, you know, hey, they feel comfortable like, "You know the green beans are kind of off today." And you know, it's like, "Okay, I appreciate it too."

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You, you kind of feel a good kind of chemistry with your customer and where they feel comfortable telling you, you know, the truth if something is, you know, "Hey, this is not quite there," you know. And so they know that — how our food has always tasted and so they — you, you get to bounce new stuff off of them, so you know they'll let you know honestly if—. They're like, "Oh, well it's pretty good. You know, I just don't, you know." If you see them kind of stuttering a little bit you know, "Okay, well I got, I got to work on it."

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So you know, it's great. I mean it's like working, working and having fun and hanging out with the family all the time. So I guess that's what a restaurant that's been around for a while, and you, you give — try to give good customer service, so it's — I mean my day is a great typical day, man. I, I get to hang out, like I said. It's kind of just like with friends and family all day, so it's not a bad gig.

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JJ: How many people do you have come through usually a day?

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KA: You know, you really don't know, anywhere from 200 to 500 I'd say, typically a day. So it's 200 to 500.

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JJ: What about what you have on the menu right now. Where do you get a lot of your — where are you getting your ingredients these days?

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KA: I try to be as local as possible. I mean I say that. It's — during the summer I try to get — I go to the market as much as possible, and I know a couple of growers and—. Yeah, sorry man [speaking to a customer after closing]. And I try to get — like during the summer I try to go to Smiley's. I get all their, my local tomatoes from them. And then I try to get my squash from them and the onions, and I get a lot of my produce from Smiley's, which is great. They grow all

their stuff in Ridgetop, Tennessee. And then during the winter, I get usually — I get it from — I get all my stuff from Ernest Williams, and they get all their stuff usually from growers in like Georgia, Florida, you know, everything comes in fresh. You know, I get all my squash. Even though I can't get it locally because during the winter, I mean, it's impossible to get squash grown in December. I — they get their stuff usually from Florida, you know. So it's all — none of it ever comes in frozen. I try to get, you know, my potatoes, everything, my onions, so typically Florida [Laughs]. Florida keeps us, Florida keeps us, keeps our fresh produce usually year-round, and then during — from usually starting in March 'til — because right now I'm getting like my strawberries from McDonald's Farm, started about four weeks ago, and soon I'll be getting fresh corn from them. Right now, I'm getting corn from you know, I think Idaho or places right around, you know, up North that are — and Florida, in the hotter regions that you know started producing I guess in February and March where it didn't get so bad hit. So yeah, I try to buy my stuff as local as possible.

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And my, my catfish, I've always gotten U.S., farm-raised catfish. I get that out of Louisiana. So local is the key. It always tastes better. I mean my strawberries I was getting from Florida, you know, because we couldn't get any local strawberries, but now that we're getting them local from McDonald's Farm, I mean you know, you can taste a huge difference in the flavor of local versus, you know — even stuff grown in Florida they still pick them early. They can't let them ripen as much so that when you get it, you know, it's, it's so much better, so it has a so much better flavor.

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JJ: What about — this is a little off the subject — it's been said that Nashville has more meatand-threes than a lot of other Southern cities. What do you make of that? Do you think that's true, and if so why do you think we have —?

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KA: I'm sure my dad gave you a really good answer — much better than I will on that one. I definitely think it's true, because when we go traveling around I don't do see very many meatand-threes. I, I don't really know except for maybe that Nashville and this area has a lot of good farmland, and so I mean I, I, you know, there's been different — I've heard different reasons of, you know, what a meat-and-three really came from. You know, everybody knows you go pick out a meat and a few vegetables. I've always thought that a meat-and-three came from, you know probably came from a farm and came from, you know, you would get your meat and then you would try to figure a way to use your — as much leftovers as possible the next day.

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And so you would, you know, try to use every part of a cow or every part of a pig, and so then we just kind of, you know, incorporate everything into your sides, and so you're like, like you know, today we had fried chicken. If we have any fried chicken left over we'll pull it and use it for chicken and dumplings, you know. And, and so it's like, you know, any creamed corn we have leftover I'm going to do corn pudding, or we'll throw it in our green beans for flavoring. So I've always kind of attributed it to Nashville just, you know, has so many farms in the surrounding counties and the surrounding area that it was kind of — you could get a lot of fresh produce, a lot of fresh just product so that —. And, and people were cooking on farms, and so and then they would kind of branch out and start doing their own restaurants and, and so I

definitely believe that Nashville has, has a lot more meat-and-threes, and I, I guess I would like I said attribute that to all the local farms that are in the area that kind of were—.

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I mean my dad, thirty years ago he would — the reason he did Monday through Friday was because downtown was dead on the weekends. Everybody would go home to their farms and, and leave the city and there wasn't — it was a ghost town here. And so there wasn't any business on Saturday and Sunday. Friday, Saturday, Sunday nights, there was nobody in town. The place was —. I remember when Mere Bulles was on Second Avenue and the reason they went to Brentwood is because I mean they would do a decent business during the week, but then on the weekend unless you came for something fancy on the weekend to eat at Mere Bulles, there wasn't anybody downtown on the weekends. You know, so it was just kind of a ghost town. Everybody would go, you know, home to their farms or, or something like that. So you know, I guess that's why I think that, you know, meat-and-threes are so much Nashville — just because it was something that was, something that was kind of a daytime breakfast and lunch kind of place.

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It was, you know —.

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JJ: Where do you get — do you have recipes or do you just —?

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KA: We have a basis of some, of a lot of our food, you know. I wouldn't say that there's very many recipes. I would say that it's kind of just a sense of taste. You know like I — the two guys that I have working for me in the kitchen, I've kind of shown them what I expect, and they've kind of written down notes about, okay this is, this should be in there. But then that's just a base, and then you know we — you know like I said, if I feel like throwing green beans in the — or corn in the green beans one day we'll throw corn in the green beans one day to give it extra flavor. It's just, you know, nothing has a set recipe. It's kind of you know, you know in the chicken and dumplings that you're going to have your homemade chicken stock, and you know you're going to throw some, you know, black pepper, a little white pepper to taste in it, and you're going to throw a little garlic to taste in it, and you're going to throw, you know, based off the stock you're going to just, you're going to put in there a little, put a little, put a little onion, extra onion in it, you know.

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In the meatloaf sauce you know that you're going to — you're going to throw a little bit of basil, little bit of — throw some onions, some black pepper, white pepper, little sugar, little beef broth you know. You just know you're going to put all this in there, but it might not come out the same way every time because you might get a little black pepper that tastes more profound the next time you have it. So you know it's not an exact recipe, but there's — you have a base of stuff and then you try to go from there to kind of put your own little spin on it.

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JJ: Do you ever think about this place and how long it's been here, and the tradition that it's become and get, you know, overwhelmed? Or do you ever think about that, or is it not — or do you just show up and do your thing?

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KA: Uh, I think, you know, I feel honored that I get to keep my dad's place going for one. I mean you know it makes me appreciate all those years when I was growing up as a kid — him more, as all the hard work that he did to keep this place going. I definitely appreciate that. I know I — it, it makes me sometimes in awe when I, at the end of a day I realize, you know, my God, my dad did this for twenty-something years. And, and it makes me feel honored to keep up the tradition of him doing it, and just the respect I have for him because of all the years of hard work.

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So and it's, I mean it's, it's cool because of, you know, people like the Southern Foodways Alliance, who kind of help, who kind of have I guess have really helped in my opinion have really helped bring back Southern food because without John T and, and John Egerton and people like Jim Myers who have kind of really, I think, have kind of revitalized Southern food, they've, they've put it in all the major magazines, the Garden and Guns and New York Times, the, the Bon Appétit, it's kind of just like those guys have you know, and, and people like Jennifer Justus who are so wonderful and who come to help keep it —.

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JJ: Educating people.

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KA: — educating people about Southern food. Thank you, who kept, who keep educating people on Southern food, and who have put on things like the Southern Foodways Alliance, who have kind of shown people the cool little mom-and-pop places that have been in the middle of nowhere for forty, fifty, sixty years that it's such a cool experience to go to, and it's such a cool history on, on you know where it started and how it came to start, and then how it is now and the

family tradition of, of, of you know continuing on the legacy, and you know I think it's great. I think it's awesome, you know, to be a part of that. It's an honor you know.

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JJ: Well is there anything else that you want to say about this place in particular?

00:29:54

KA: About Arnold's? That you know I think it's — I think that the customers make this place half of what it is because we've got great customers who, you know, without them I don't know. They give you energy. They — you feed off of them sometimes when you're just like, "Ah, I'm wore out," and they — we have just been really blessed and, and lucky to have such good customers that have, that you know make it all worthwhile and you feed off them. And, and I mean anybody from just, I mean we even have, we even have bums, drifters who you see from time to time, you hadn't seen in ten years come in, and they're kind of drifters, and they come and they—. You know and it's like you talk to them to see how they're doing, and you know good people. And then you have anybody from a Federal Judge who comes in just about every day, and you know and, and he'll bring you, he'll try to, he'll bring you quail and dove that he hunts that he'll give you and he'll be like, "Here," you know, "take that." And it's you know — and then he'll bring Deborah a special present every year, you know, for Christmas and, cause you know she makes sure she saves his banana pudding. So I mean this place is awesome.

00:31:11

And you know I was talking to Tandy [Wilson], and it was really cool. I never thought about it. He was like — he was like, "You know we always consider Arnold's as all the decision making in Nashville happens there." And I was like, "What?" And, and you know he was like,

"You know because you have all the, you have a lot of the, the judges, the lobbyists, the, the, the

people who work for the state, the congressmen, state representatives — all come in there and

how many, how many business ideas have been hashed out having lunch at Arnold's?" You

know I never thought about that. And I was like, "Wow, you know you're probably right."

00:31:42

So I mean this place is really cool, man. Just to carry on my dad's tradition, family

tradition of doing it, and, and just get, get to see the smile on everybody's faces and just get to

enjoy what you do and, and it's just a unique place because you have all walks of life come in

here and — from rich to poor to, to fun and wild to you know—. So you know I guess it's an

honoring experience.

00:32:09

JJ: Thank you very much.

00:32:10

KA: You're very welcome.

00:32:12

[End Kahlil Arnold-Arnold's]