

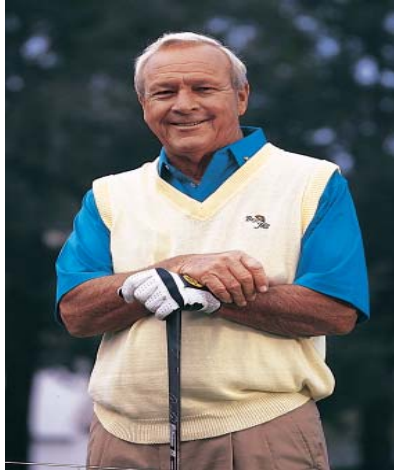
Foreword

This is a new experience, the first time I've been asked to introduce a new cookbook. Food and golf do go together like hamburgers and buns, but my expertise is more in golf balls than meat balls, tee shots than crock pots, sand wedges than lemon wedges, well-hit drives than sour cream and chives. Not that I don't have a serious interest in good food.

A long time ago (1959 for those keeping score) I arrived in Augusta, Georgia as the defending Masters champion. One of my duties was to select the menu for the annual Champion's Dinner, held Tuesday evening of Masters Week and attended by the club's Chairman and every former winner.

Some champions like to get fancy with the menu selection and others opt for regional specialties from the places they live. Me? I decided to keep it simple: a choice of steak or chicken.

I relish a good meal as much as anybody, at home, at the club or in a restaurant. But my personal tastes in food are fairly simple. Meat and potatoes. Roasted chicken. Still, I insist that the food and beverage service at my country clubs in Florida and Pennsylvania be top notch in all aspects. I think it speaks well for my Bay Hill Club in Orlando that the editors of this book have selected three recipes of our fine chef, Robert Lee.



In my only venture into the commercial restaurant business—Arnold Palmer's Restaurant in La Quinta, California—I helped select a portion of the menu that includes

some of my favorite meals. It features traditional meat loaf, pot roast, chicken and vegetable pot pie, rotisserie half chicken, BBQ baby back ribs, beef medallions "Palmer Style" with mashed potatoes and vegetables smothered in bleu cheese. How about a side of homemade macaroni and cheese or baked beans or creamed corn? Then, of course, you can top it off with

a selection of one of Luna's Arnold Palmer wines. Not bad, eh?

My tastes may not be overly fancy, but over the years I have learned one thing: the men and women who work in the kitchens at my clubs and restaurant are true professionals at what they do. Some days they have to prepare a meal for a couple hundred wedding guests, and other days it's a romantic candlelight dinner for two. The country club chef is an often overlooked part of a club's success.

They work wonders every day in the kitchen and I tip my hat to every one of them.

Arnold Palmer

*Arnold Palmer's Bay Hill Club and Lodge
Orlando, Florida*