



NC Summertime Recipes

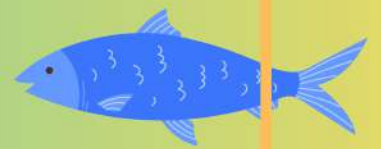
CATEGORY

SEAFOOD

Forsyth County Public Library



Recipes



HUSH PUPPIES
HOT SEAFOOD ARTICHOKE DIP
SHRIMP BUTTER
SEAFOOD CORNBREAD DRESSING
NANTICOKE CATFISH
OCRAGOKE DRUM
HEAVENLY SOLES
EASY BAKED SALMON OR TILAPIA
IN A FOIL PACK
CRABMEAT FLOUNDER ROLLS



MAMA'S MEATY CRAB CAKES
CRAB LOUIS
DEVEILED CRAB
SPAGHETTI AND CRAB
SUBLIME SHRIMP REMOULADE
CURRIED SHRIMP ROLLS
SHRIMP & GRITS WITH GREEN
CHILES
COCKTAIL TOMATOES WITH
BROWN-BUTTER SCALLOPS

Hush Puppies

Sanitary Fish Market and Restaurant
Morehead City, N.C.

1 lb fine corn meal

1 egg

1 T salt

1 T sugar

Pinch soda

1 c buttermilk

Stir, adding water, to thick consistency. Drop in deep fat (preferably peanut oil). Cook at 375°

Serving for 6 people

HOT SEAFOOD ARTICHOKE DIP

Tommie Jo Haynes Paul

8 oz. cream cheese, softened
4-oz. pkg. vegetable soup mix
6-oz. can crabmeat or shrimp,
drained

1 c. sour cream
½ c. red pepper, chopped
½ tsp. hot sauce (opt.)

6-oz. jar marinated artichoke hearts,
drained and chopped

Blend together all ingredients and spread into a 13 x 9-inch baking dish. Bake at 375° for 25 minutes.

SHRIMP BUTTER

7 oz. shrimp, cooked and chopped
(may use canned, but rinse in
cold water and drain)
1 Tbsp. minced onion
Juice of 1 lemon

1 (8 oz.) pkg. cream cheese,
softened
1½ sticks butter (no substitute)
Salt to taste
4 Tbsp. mayonnaise

All ingredients should be at room temperature before you begin. Put all ingredients, except shrimp, into a bowl and beat well. Stir in chopped shrimp and mix. Shape into a mound or mold into some desired shape. Chill thoroughly (at least several hours). Serve with crackers. Yields 3 cups. *Freezes well.*

Amy Watson

SEAFOOD CORNBREAD DRESSING

Judy Deck

- 1/2 c. onion, chopped
- 3 T. vegetable oil or butter
- 1 c. red and green bell peppers, chopped
- 1/2 c. celery, chopped
- 1 clove garlic, chopped
- 10-oz. can cream of shrimp soup
- 1 1/2 c. water
- 1 c. peeled, uncooked shrimp, chopped
- 1 c. crabmeat
- 1 c. oysters, drained (opt.)
- Cajun or Creole seasoning to taste
- 1/2 c. green onions, chopped
- 4 oz. jalapeño cheese, shredded
- 1 pkg. cornbread mix, prepared according to directions

Sauté the onion in the oil in a large skillet until the onion is tender. Add the bell peppers, celery and garlic. Sauté for 5 minutes, or until the vegetables are tender. Stir in the soup, water, shrimp, crabmeat, oysters and Cajun seasoning. Bring to a boil over medium heat, stirring constantly. Crumble the cornbread into the seafood mixture. Stir in the green onions and cheese. Spoon into a greased 9 x 13-inch baking dish. Bake at 350° for 30 to 40 minutes, or until golden brown.

Nanticoke Catfish

Adrian Miller's book Soul Food: The Surprising Story of an American Cuisine, One Plate at a Time, published by the University of North Carolina Press, is a detailed and fascinating exploration of the history and culture of African American food. Miller writes that there is a long tradition of holding fish fries for community celebrations such as church events, Juneteenth, and the Fourth of July. Miller says this recipe originally appeared in a publication called The Chesapeake Bay through Ebony Eyes and that Nanticoke was the name of a Native American tribe in the area.

MAKES 8 SERVINGS

1½ cups all-purpose flour
¼ cup cornmeal
1 tablespoon rubbed sage
1 tablespoon cayenne pepper, or to taste
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon nutmeg
1 teaspoon salt
1 teaspoon black pepper
4 large eggs
8 catfish fillets
Vegetable oil
Lemon wedges

Mix the flour, cornmeal, sage, cayenne pepper, garlic powder, onion powder, nutmeg, salt, and pepper in a shallow bowl or pie plate. In another shallow bowl or pie plate, whisk the eggs until well beaten.

Rinse the catfish fillets under cold running water and pat them dry.

Preheat the oven to 250°. Set a wire rack inside a rimmed baking sheet lined with paper towels.

Pour vegetable oil to a depth of ½ inch in a large, deep skillet. Heat the oil over medium-high heat until shimmering hot but not smoking.

Dip the fillets into the eggs and let the excess drip off. Dredge them in the flour mixture and gently shake off the excess.

Working in batches to avoid overfilling the skillet, slip the fillets into the hot oil. Fry the fillets, turning once, about 4 minutes on each side, until the coating is crisp and golden brown and the fish is opaque in the center. Transfer the cooked fillets to the wire rack and keep them warm in the oven until all of the fish is fried.

Serve hot with lemon wedges.

OCRACOCKE DRUM

Baked: Cover large piece of drum with salt & pepper. Place in heavy roaster and cover with salt pork drippings. Add chopped onion and 8 peeled potatoes. Cover fish and potatoes with water. Bake uncovered in 350° oven about 2 hrs. or until brown. Serve with corn bread and slaw.

Boiled: Cut drum into small pieces and poach in salted water about 10-15 min. Serve with boiled potatoes, raw onion, and boiled eggs. Cover all with thick cream gravy made salt pork drippings, into which fried pork has been crumbled.

Heavenly Sole

Use sole or flounder fillets (2 lbs.)

Brush fillets with
2 Tablespoons lemon juice

Let fish stand 10 minutes

Prepare combination of:

1/2 cup Parmesan cheese

1/4 cup butter

3 Tablespoons mayonnaise

3 Tablespoons chopped green onion.

1/4 teaspoon salt

Dash hot sauce

Broil fish on foil lined pan.

Spread on cheese mixture and
continue broiling till brown.

Makes 6 servings.



EASY BAKED SALMON OR TILAPIA IN A FOIL PACK

Christine Shore Bryant

Fish
Butter

Lemon pepper
Foil

Tear 2 pieces of foil large enough to put your fish on, leaving 2 to 3 inches on each side of fish. Place pieces of fish on foil. Sprinkle each side lightly with lemon pepper. Dot each side with butter. Place second piece of foil on top of fish. Fold edges of foil tightly, making a sealed foil pack. Bake fish in 350° oven approximately 15 minutes. Fish is done when it flakes with a fork.

LUANN'S CRABMEAT FLOUNDER ROLLS

LuAnn Hall

4 oz. mushrooms, stems and pieces,
drained/chopped fine or can use
fresh mushrooms
2 lbs. flounder fillets
3 T. minced onion
1 (7.5-oz.) can crabmeat, drained
¼ c. fine dry bread crumbs
1 T. parsley flakes

1 tsp. salt
2 T. butter
⅛ tsp. pepper
3 T. flour
1½ c. milk
¼ c. white wine (opt.)
2 oz. Swiss cheese, shredded (½ c.)
Paprika

Separate flounder fillets and trim into 8 pieces. (If using fresh mushrooms, sauté in butter until almost dry. Add onions and cook until soft.) Sauté the onions in the butter until soft and add mushrooms and then parsley at the end. In a bowl, combine mushrooms, onion, bread crumbs, parsley, ½ teaspoon of the salt and pepper. Add crabmeat last so as not to break up the pieces too badly. Place some filling in your hand and shape to the size of the fillet and roll the fillet around the crabmeat mixture. Place the rolls, seam side down, in a shallow 8-cup baking dish coated with cooking spray. Tuck any remaining filling around the flounder rolls. Combine the flour, milk, wine and remaining ½ teaspoon salt in a saucepan. Cook over moderate heat, stirring constantly, until the sauce thickens and bubbles. Add cheese, stir until melted. Pour over the fish rolls. Sprinkle lightly with paprika. Bake at 400° for 30 minutes, or until the fish flakes easily with a fork.

Mama's Meaty Crab Cakes

I request my mother's crab cakes almost every time I return to my childhood home. These meaty crab cakes flavored with Old Bay seasoning are far better than any I've had at a restaurant. They are crunchy on the outside from the cornmeal and moist on the inside. My mother serves them on Martin's potato rolls with potato salad. There will be no leftovers with these. In fact, get to the table fast. These won't last.

MAKES 8 SERVINGS

-
- 1 pound fresh jumbo lump or lump crabmeat**
 - 1 celery stalk, finely chopped**
 - ½ medium white onion, finely chopped**
 - ½ green bell pepper, finely chopped**
 - 2 tablespoons Hellmann's mayonnaise**
 - 1 teaspoon Old Bay seasoning, or more, to taste**
 - ⅓ cup Italian-seasoned bread crumbs**
 - Cornmeal for dredging**
 - 2 cups vegetable oil (more or less, depending on the size of your skillet)**
-

Place the crabmeat in a large bowl. Remove the cartilage (lump crabmeat doesn't have much). Add the celery, onion, green pepper, mayonnaise, Old Bay, and bread crumbs and stir together gently with your hands so as not to break up the crab too much. Add more mayonnaise if the mixture looks too dry.

Shape the mixture into 8 patties about the size of the palm of your hand. If you are cooking the crab cakes immediately, dredge them in the cornmeal. If not, you can store the crabmeat mixture in a covered container in the refrigerator until ready to cook (up to 2 hours) and dredge them just before cooking.

Heat the oil in a large skillet over medium-high heat until it shimmers. Don't use too much oil; it should reach only halfway up the side of the crab cakes. Gently place the crab cakes in the pan and fry on one side until browned, about 2–3 minutes. Carefully flip over the crab cakes and fry them on the other side until they are golden brown. Drain the cakes on a paper towel and transfer them to a warm platter. Serve with your preferred sauce.

NOTE * Buy the crabmeat the day of or the day before cooking because fresh crabmeat perishes quickly. Jumbo lump or lump crabmeat makes for the best crab cakes. The meat is pricey, but it's worth it for this special meal.

CRAB LOUIS

1½ to 2 lbs. crab meat
4 tomatoes sliced
4 hard cooked eggs
Lettuce

Sauce:

1 c. mayonnaise
¼ c. whipping cream
¼ c. chili sause
¼ c. chopped green pepper
¼ c. chopped onion
salt and lemon juice to taste

Arrange mound of crab meat on lettuce, surrounded by sliced tomatoes and sliced egg. Mix sauce ingredients and pour over.

Sylvia Weaver

Deviled Crab

1 (4 oz.) can white crab meat

2 tsp. worcestershire sauce

2 tbsp. catsup

1 tsp. mayonnaise

1/2 tsp. mustard

Pepper to taste

1/4 tsp. hot sauce

1 raw egg

1 hard boiled egg, chopped

8 saltine crackers crumbled

1/2 medium onion chopped

Put in crab shells and bake at 350 degrees for 20 minutes.

Nancy Flynn

SPAGHETTI AND CRAB

Charlcie Carlson

1/4 cup olive or salad oil
1/2 cup onion, *chopped*
1 tsp. chopped garlic
1 tsp. chopped parsley
1 tsp. chopped celery
1 cup solid pack tomatoes
1 cup tomato sauce
1/4 cup sherry wine
1 tsp. black pepper
2 tsps. salt
~~1/2 tsp. salt~~
1/2 tsp. paprika
1 1/2 cups of water
1 lb. fresh or canned crabmeat
1 lb. of spaghetti

Braise onions, celery, garlic and parsley in oil until golden brown. Add tomatoes, tomato sauce, water & seasonings. Simmer for 1 hour. Add crabmeat and wine & simmer a few minutes. Cook spaghetti. Drain but do not wash. Add to sauce. Mix well. Pour on platter & sprinkle with grated cheese. Serve immediately. Serves 5 - 6.

AUNT MARTHA GARRISON NORWOOD'S SUBLIME SHRIMP REMOULADE

Hayes McNeill

4 T. horseradish mustard
½ c. tarragon vinegar
2 lbs. cooked cleaned shrimp
1 or more cloves garlic, crushed
½ c. celery with tops, finely minced
½ c. green onions with tops, finely
minced

1 tsp. salt
1 c. salad oil or olive oil
½ tsp. cayenne pepper
1 tsp. paprika
2 T. catsup

Mix up vinegar, mustard, salt, pepper, paprika, catsup and garlic. Add oil, beating well. Add green onion and celery. Pour over shrimp and let stand in refrigerator at least 1 hour, but longer is better. **Tip:** May serve on shredded iceberg lettuce.

CURRIED SHRIMP ROLLS

Tommie Jo Haynes Paul

Shrimp, peeled/deveined
1/4 c. mayonnaise
1 T. lemon juice
3/4 tsp. curry

2 stalks celery, sliced
1 c. arugula, chopped
Salt and pepper
Hot dog buns

Cook shrimp in salted water until opaque about 3 to 5 minutes, then let cool and chop into bite-size pieces. In a bowl, whisk together mayonnaise, lemon juice and curry. Mix in the shrimp, celery and arugula, then season with salt and pepper. Serve on toasted hot dog bun.

AUNT LULU'S SHRIMP & GRITS WITH GREEN CHILES

LuAnn Hall

6 c. water/chicken stock/milk
1 ½ c. dry grits
½ lb. Velveeta, cubed
½ lb. sharp Cheddar cheese,
shredded
½ lb. unsalted butter
½ tsp. white pepper

3 eggs, beaten
2 (4-oz.) cans chopped green chili
peppers
½ tsp. hot pepper sauce
2 tsp. seasoned salt
2 tsp. fresh chives
2 tsp. dried parsley

Shrimp Scampi:

30 to 40 shrimp, shelled/deveined
2 sticks butter, unsalted
2 lg. lemons
1 to 2 sm. bottles clam juice (opt.
especially when I need more
sauce)

1 heaping T. garlic, minced
Salt and pepper
Lawry's seasoned salt (opt.)

In a large saucepan, bring water/stock/milk or combination to boil. Stir in grits; reduce heat to low and simmer until thick, about 10 minutes. Stir in processed cheese, Cheddar cheese and butter. Season with salt, seasoned salt and white pepper. Add hot sauce to eggs and add mixture to grits while stirring until well blended. Stir in parsley flakes, chives and green chilies. Pour into greased 9 x 13-inch baking dish. Bake at 350° for 1 hour. (Green chilies have a mild taste and do not overwhelm or make the dish spicy. May use as a side dish.) Roll the whole lemons on the counter with your hand to soften and loosen the juice. (You may not need both of them.) It will only take about 10 minutes to cook the shrimp, so have everything out and ready to go before you start cooking. Cook right before serving the shrimp, already have the grits out of the oven or almost finished when you start. Melt your butter and add garlic. Do not brown garlic, it makes it taste bitter. Cut the lemons in half and add your lemon juice to the butter and garlic. Taste the scampi after adding 1 lemon and do not let the lemon taste get too strong. Add more to taste. Add clam juice. It should be a light butter/garlic/lemon taste without one taste overpowering the other. Add salt and pepper to taste. The butter is unsalted, so you may need to add some salt even with the briny shrimp. The key is to remove the shrimp from the heat as soon as they become opaque. They are usually not fully curled up when they become opaque. It will continue to cook in the hot butter so you do not want it too done or the shrimp will be rubbery. Judge the amount of ingredients for the scampi by how much "sauce" is in with the shrimp. You need some liquid/sauce to serve with the shrimp over the grits. Serve the scampi over the grits,

(continued)

like gravy over mashed potatoes. **Hint:** Heat your scampi serving dish by filling it with hot water and let sit. Drain hot water and wipe dry before adding the shrimp so it will not cool your scampi by adding it to a cold bowl.)

Cocktail Tomatoes with Brown-Butter Scallops

Serves 4

TO CALL THESE TOMATOES A STAPLE in our restaurant's kitchen is shortchanging their impact.

Infused with the flavors of cocktail sauce, these tomatoes show up alongside many things that come from the sea. We also blend or chop them into sauces, use them as a garnish for bloody Marys, put them on top of deviled eggs, slice them onto pimento cheese sandwiches, and plop them on top of a burger. Even the liquid by-product is distinctive when used as a marinade for shrimp or as a base for vinaigrettes.

Let the tomatoes cure for one week before you use them and make sure they are completely submerged in the liquid. Kept that way, refrigerated, they'll last for up to three months.

Cocktail Tomatoes

Makes 4 quarts

- 5 pounds Roma or other firm meaty tomatoes, quartered
- 1 bunch scallions, white and green parts, sliced thin
- 4 jalapeños, sliced thin
- Zest of 3 lemons, removed with a vegetable peeler
- 1 cup lemon juice
- 1 cup white wine vinegar

- ½ cup prepared horseradish
- ½ cup Worcestershire sauce
- 2 tablespoons salt
- ¾ cup granulated sugar
- ½ cup molasses
- 2 cups extra-virgin olive oil
- ½ cup chopped garlic
- 3 tablespoons ground coriander
- 2 tablespoons ground cumin
- 1 tablespoon ground celery seeds
- 1 tablespoon cayenne

Brown-Butter Scallops

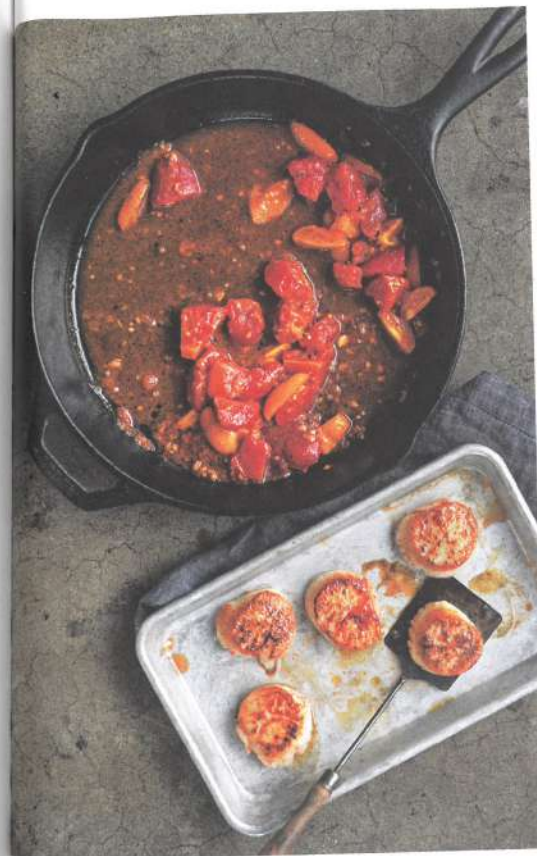
Serves 4

- 1 pound dry-packed scallops (about 12)
- 2 teaspoons salt
- ½ teaspoon cayenne
- 2 teaspoons vegetable oil, divided
- 3 tablespoons butter, divided
- 2 cups Cocktail Tomatoes plus ½ cup reserved liquid

Make the tomatoes: Place the quartered tomatoes in a 6- to 8-quart glass or heatproof plastic container and set aside. Bring the remaining ingredients up to a bare boil in a 4-quart saucepan or Dutch oven. Carefully pour the hot liquid over the tomatoes. Let them cool at room temperature overnight. Then transfer

them, covered, to the refrigerator and let them cure for a minimum of 1 week before using.

Cook and serve the scallops: Remove and discard the connector muscle from the scallops and dry them well with a paper towel. Preheat your oven to 200°F and



season the scallops on both sides with the salt and cayenne.

In a 10-inch cast-iron skillet, heat 1 teaspoon oil and 1 teaspoon butter over

high heat. Add half the scallops, making sure they do not touch one another, and cook on the first side for 2 minutes. They should be nicely caramelized around the edges at the very least. With any luck they'll be picture-quality seared all over the top. Flip and cook on the other side for 30 seconds. Transfer the first round to the oven and quickly wipe out the pan.

Add the remaining oil and 1 more teaspoon butter. Brown the final batch of scallops on 1 side for 2 minutes. Flip them over and add the remaining butter to the pan. Let it sizzle and foam while the scallops cook on that other side for 30 seconds. Remove the scallops from the pan and transfer them to the oven. Continue to heat the butter till it smells nutty and has browned slightly, about 1 minute. Stir in the

tomatoes and their liquid. Watch it come up to a quick bubble.

Serve immediately under the scallops with Foolproof Grits (page 31).

Sources

Seafood Recipes

Hushpuppies, page 56

from Mom Murphy's Treasured Recipes by Frances Krites Murphy (call number NC 641.59756 M732)

Hot Seafood Artichoke Dip, page 7

from Ramalicious: A Collection of Recipes by Starmount High School Class of 1970 (call number NC 641.59756 R165)

Shrimp Butter, page 2

from Sunday's Best A Collection of Recipes from the Chefs at Ogburn (call number NC 641.59756 S955)

Seafood Cornbread Dressing, page 172

from Ramalicious: A Collection of Recipes by Starmount High School Class of 1970 (call number NC 641.59756 R165)

Nanticoke Catfish, page 74

from A Savor the South Cookbook: Southern Holidays by Debbie Moose (call number NC 641.5975 M825)

Okracoke Drum, page 82

from Rx for Good Eating Recipes from the Bowman Gray Guild (call number NC 641.59756 R987)

Heavenly Soles, page 138

from The Now and Then Cookbook for Beth who asked questions and for Robin and Tracy, Robbie and Sarah, Shevonne and Stephanie, and maybe others of their generation? and for members of the family - a family cookbook by Barbara Cushman of Durham, NC (call number NC 641.5973 C986)

Easy Baked Salmon or Tilapia in a Foil Pack, page 167

from Ramalicious: A Collection of Recipes by Starmount High School, Class of 1970 (call number NC 641.59756 R165)

Luann's Crabmeat Flounder Rolls, page 169

from Ramalicious: A Collection of Recipes by Starmount High School, Class of 1970 (call number NC 641.59756 R165)

Mama's Meaty Crab Cakes, page 18

from Sunday Dinner: A Savor the South cookbook by Bridgette A. Lacy (call number NC 641.54 L152S)

Crab Louis, page 15

from Rx for Good Eating – Recipes from the Bowman Gray Guild 1966 (call number NC 641.59756 R987)

Deviled Crab

from Winston-Salem Shrine Club: Nobelle's Cookbook (call number NC 641.59756 N744)

Spaghetti and Crab

from Favorites in Receipts of Members of the Child Study Club of W.S. 1966-1967 (call number NC 641.59756 F275)

Aunt Martha Garrison Norwood's Sublime Shrimp Remoulade, page 14

from Ramalicious: A Collection of Recipes by Starmount High School, Class of 1970 (call number NC 641.59756 R165)

Curried Shrimp Rolls, page 16

from Ramalicious: A Collection of Recipes by Starmount High School, Class of 1970 (call number NC 641.59756 R165)

Aunt Lulu's Shrimp and Grits with Green Chiles, page 163

from Ramalicious: A Collection of Recipes by Starmount High School, Class of 1970 (call number NC 641.59756 R165)

Cocktail Tomatoes with Brown-Butter Scallops, page 280

from Deep Run Roots: Stories and Recipes from My Corner of the South by Vivian Howard (call number NC 641.5975 H852D)