

Shrimp and Grits

- 1 cup dry grits
- 1 cup white cheddar cheese, grated
- 1 teaspoon salt
- ¼ cup flour
- 1 teaspoon low country spice mixture*
- small amount of oil
- 8 ounces kielbasa sausage
- 2 cups mushrooms, sliced
- 1 pound fresh shrimp, peeled and deveined
- ½ cup white wine
- 1 tablespoon butter, margarine, or oil
- 1 cup scallions, chopped

*Lowcountry spice mixture:

- 2 tablespoons white pepper
- 2 tablespoons black pepper
- 2 tablespoons chili powder
- 2 tablespoons sweet paprika
- 2 tablespoons dried parsley

Adjust to taste. Stir together, and store in airtight container.

Cook grits as directed on the package. Mix cooked grits, grated cheese, and salt. Pour into an 8-inch x 8-inch pan. Chill overnight in refrigerator. Slice grits into 8 wedges, dust with flour mixed with Lowcountry spices to taste. Deep fry chilled grits wedges in oil until brown and crusty. Place two wedges on each plate. In a pan with a small amount of oil, sauté sausage, mushrooms, and Lowcountry spice mixture (to taste) for 5 minutes. Add shrimp, and cook until pink in color. Top wedges with shrimp mixture. Add wine and butter to pan drippings, stirring with a wooden spoon until thoroughly mixed. Pour wine sauce over shrimp and grits, and garnish with chopped scallions.

— *The Pilot House Restaurant, Wilmington*



History on the Side

If you're the Historical Society of the Lower Cape Fear, of course you're going to fill your cookbook with tidbits from Wilmington's past.

By Diane Summerville

PHOTOGRAPHY BY MATT HULSMAN
FOOD STYLING BY MATT HULSMAN AND WENDY PERRY

Every recipe is connected to a place.

The shrimp and grits recipe, for instance, comes from The Pilot House Restaurant. There's a picture of the familiar Wilmington eatery beside the directions for making the Lowcountry classic. And the cream of broccoli soup recipe goes with the photograph of Atlantic Coast Line's Freight Warehouse A that still stands at 501 Nutt Street; it's the same recipe railroad cooks used to prepare the soup for passengers.

These places tell Wilmington's story. And they fill the pages of *Modern Recipes from Historic Wilmington*, the cookbook produced by the Historical Society of the Lower Cape Fear.

The cookbook swells with delicious recipes, many of them with a coastal North Carolina connection, such as shrimp and grits, and oyster rolls. But every other page shares a slice of Wilmington's history.

In the book, we learn that The Pilot House Restaurant was originally home to William Edward Craig, a merchant who built it in 1870. The Greek Revival-style structure originally stood at 505 Wooster Street; owners moved it to Ann Street in 1977 during the development of Chandler's Wharf.

"The book is just wonderful for learning about

history and about people and the work they did and the cultures that were around," says Ann Hertzler, who co-edited the cookbook.

The old-time gingerbread recipe, for example, came from a member of Chestnut Street Presbyterian Church, which was built in 1858 and eventually became one of the first black churches in Wilmington following the Civil War.

The Latimer House Museum at 126 South Third Street sells the cookbook. Visitors often use the book first as a guide to the city's historic structures before taking it home to their kitchens.

Diane Summerville is the senior editor of Our State magazine.



The Historical Society of the Lower Cape Fear first published *Modern Recipes from Historic Wilmington* in 2003. The book has been so popular, the Historical Society has reprinted it six times. To order a copy, call (910) 762-0492, or go to hslcf.org.



With Heart & Hand

Home Moravian Church in Winston-Salem held its first love feast when it dedicated its new sanctuary in 1800. Even then, more than 2,000 visitors from denominations throughout the community joined the church's 300 members for the occasion.

When the church marked its 200th anniversary in 2000, it celebrated its food traditions with the cookbook *With Heart & Hand*. Church members provided the recipes for the 414-page book, and organizers made sure to include Moravian staples, such as semmel buns, sugar cake, and Moravian chicken pie.

Pages also include tidbits from the church's history, such as the fact that women dried their laundry in the church attic until 1812, when they realized the moisture was harmful.

To order *With Heart & Hand*, send a check for \$30, made payable to Women's Fellowship Cookbook, to Home Moravian Church, 529 South Church Street, Winston-Salem, N.C. 27101.

Salem-College-Style Iced Tea

- 4 sprigs mint
- 8-12 whole cloves
- 3 quarts water
- 1 family-size tea bag
- 2 cups brown sugar, firmly packed
- 1 cup lemon juice
- 1 (12-ounce) can frozen orange juice, undiluted
- 1 (46-ounce) can pineapple juice

Place mint, cloves, and water in a 1½-gallon kettle, and bring to a boil. Reduce heat, and simmer 15 minutes. Turn off heat. Add tea, and steep 15 minutes. Strain mixture, and discard solids. Add sugar, and stir to dissolve. Add juices. Cover and refrigerate for 24 hours before serving to blend flavors. Serve over ice, and garnish with fresh mint. Do not use a strong mint like peppermint or wintergreen. The ideal mint is julep mint.

— Jane Van Hoven



IMAGES OF BOOKS BY BERT VANDERVEEN (BOTH PAGES)



Butter Semmel Buns

- 1 (¼-ounce) package dry yeast
- ½ cup lukewarm water
- 1 cup milk, scalded
- 3 sticks butter, divided
- 1½ cups sugar, divided
- 2¼ teaspoons cinnamon, divided
- 1 teaspoon salt
- 1 egg, beaten
- 6 cups flour, sifted
- powdered sugar for garnish

Dissolve yeast in warm water and set aside, keeping it warm at 70°. Scald milk, and cool slightly. Add 2 sticks butter, ½ cup sugar, ¼ teaspoon cinnamon, salt, and egg. As soon as yeast mixture begins to look foamy and rise, add to milk mixture. Stir in flour, and mix well. Let dough rise in a greased bowl about 2 hours until it doubles in bulk. Turn dough onto a floured surface, and knead until smooth, adding more flour as needed. Roll dough out to ¼-inch thickness, and cut into 2- or 3-inch squares. Make a cinnamon-and-sugar mixture by combining 1 cup sugar and 2 teaspoons cinnamon. Place a bit of butter and a teaspoon of cinnamon sugar in the middle of each square. Fold opposite corners of the square to the center, and press together. Place buns on greased baking sheets, and allow to rise 1 hour. Preheat oven to 375°. Bake 15 minutes. Remove from oven, and brush with melted butter. Sprinkle with powdered sugar. Serve warm.

— Grace Robinson

Squash Fritters

- 2 cups yellow or zucchini squash, grated
- ¼ cup onion, chopped
- ½ teaspoon salt
- pepper to taste
- 6 tablespoons self-rising flour
- 2 eggs, beaten
- 2 tablespoons margarine, melted
- ¼ cup vegetable oil for cooking

Mix together squash, onions, salt, pepper, and flour. Add eggs and margarine, and mix thoroughly. Heat oil in skillet or frying pan. Drop by teaspoonfuls into skillet or pan, and sauté until brown on both sides. Drain on paper towels before serving.

— Elizabeth Davenport



Tuna Noodle Casserole

- 6 ounces medium yolk-free noodles
- 1 cup cottage cheese
- ¾ cup yogurt
- 1 tablespoon flour
- 2 teaspoons Worcestershire sauce
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ⅛ teaspoon garlic, minced
- ½ cup peas
- ¼ cup onion, chopped
- 1 (8-ounce) can mushroom pieces, drained
- 1 (12-ounce) can tuna, drained
- 3 tablespoons Parmesan cheese, grated

Heat oven to 350°. Spray 8-inch-square pan with cooking spray. Cook noodles according to package directions, and drain. In a large bowl, combine cottage cheese, yogurt, flour, Worcestershire sauce, salt, pepper, and garlic, and mix well. Stir in peas, onion, mushrooms, tuna, and noodles. Spoon into prepared baking pan, and sprinkle Parmesan cheese evenly over top. Bake 30 minutes.

— Nelle Glenn



Little School House Cook Book

For years, people visited only the outside of the one-room schoolhouse on the campus of Mitchell High School in Bakersville.

The Mitchell County unit of North Carolina Retired School Personnel remedied this situation in 2005 by producing the *Little School House Cook Book* to raise money for renovations.

Visitors today find a reproduction of the interior of the Little Poplar School, which was built around 1880. Older residents shared with organizers their recollections from the roughly 50 one-room schoolhouses that used to dot the county. They remembered benches that could be pulled closer to the potbellied stove in winter and a raised platform at the head of the classroom that also suited the preacher who delivered sermons on Sundays. The cookbook, which includes bits of Mitchell County Schools' history, sold out and raised more than \$5,000. The book is out of print and no longer available for purchase.



Revolutionary Cooks

The Jonathan Hunt Chapter of the D.A.R. in Elkin saved the Gwyn School-Elkin Chapel in 1953, converting the building into a history museum named for Elkin's founder, Richard Gwyn.

When the chapter produced a cookbook in 2008 to raise funds for a security system for the museum, members saw the book also as an opportunity to educate people about the area's Revolutionary War history and about the D.A.R.

Along with their family recipes, chapter members shared brief biographies of such Surry County patriots as David Cockerham, who entered the war at age 16 as a substitute for his uncle William, and Capt. John Taliaferro, a physician who cared for both patriot and British soldiers wounded at the Battle of Guilford Courthouse.

To order a copy of *Revolutionary Cooks*, contact Ramona Collins at (336) 874-2302 or ramocolli3@aol.com.



Savory Summer Pie

- 1 piecrust
- 1 small red bell pepper, chopped
- ½ medium purple onion, chopped
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 2 tablespoons fresh basil, chopped
- 4 large eggs
- 1 cup evaporated milk
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 (8-ounce) package Monterey Jack cheese, shredded
- 3 plum tomatoes, sliced

Fit piecrust into a 9-inch deep-dish pan. Prick bottom and sides with a fork, and bake at 425° for 10

minutes. Remove and set aside. Sauté bell pepper, onion, and garlic in olive oil for 5 minutes or until tender. Stir in basil. In separate bowl, whisk together eggs, milk, salt, and pepper. Stir in sautéed vegetables and cheese. Pour into crust. Top with tomato slices, and bake at 375° for 45-50 minutes or until set. Let stand 5 minutes before serving. Tip: Cover edges of crust with aluminum foil during baking to prevent them from getting too brown.

— *Mary Windsor Marsh*



Old-Time Peach Crumb Pudding

- 18 medium peaches, about 4 pounds; reserve fresh peach slices for garnish
- 1 cup sugar
- 1¼ cups flour, sifted
- ½ cup butter or margarine

Peel and cut peaches into quarters. Combine ½ cup sugar and 3 tablespoons flour, and mix with peaches. Put in a baking dish large enough for the amount of peaches (a 9-inch x 13-inch pan should work). Mix remaining sugar and flour. Add butter or margarine, and cut mixture to crumb consistency. Sprinkle crumbs over peaches. Bake at 375° for 1 hour or until done.

— *Margie Walker*