

Seafood

Another great thing about living in North Carolina is the access we have to fresh NC Seafood. I feel in love with all of these recipes. Whether you are at the coast or anywhere in the state, enjoy all the variety from farm-raised to coastal because it taste great and it is so good for you! When it is fresh from our North Carolina waters then you know it's the best.

Shrimp and Grits

Creamy Cheddar Cheese Grits

4 Tbsp. butter
5 cups milk
2 tsp. salt
½ tsp. hot sauce
1 garlic clove, pressed
1 ½ cups uncooked stone-ground white grits
1 (10 oz.) block sharp white cheddar cheese, grated

Bring 2 Tbsp. butter, next 4 ingredients, and 5 cups water to a boil in a medium size Dutch oven over medium-high heat. Gradually whisk in grits, and bring to a boil. Reduce heat to medium-low, and simmer, stirring occasionally, 1 ½ hours or until thickened. Stir in cheese and remaining 2 Tbsp. butter until melted. Serve immediately.
Quick-Cooking Creamy Cheddar Cheese Grits: Substitute 2 cups uncooked quick-cooking grits for stone-ground grits. Decrease water and milk to 4 ½ cups each. Prepare recipe as directed, cooking grits 10-15 minutes or until thickened.

Shrimp and Sausage

1 ½ lb. unpeeled, medium-sized raw NC shrimp (31/40 count)
3 Tbsp. butter
2 Tbsp. all-purpose flour
1 medium onion, chopped
½ cup chopped green bell pepper
2 celery ribs, chopped
1 lb. andouille or smoked sausage, cut into ¼-inch thick slices
1 (14 oz.) can chicken broth
½ tsp. salt
¼ tsp. ground red pepper
1/3-cup heavy cream
¼ cup chopped green onions

Peel shrimp; devein, if desired. Melt butter in a large skillet over medium heat; gradually whisk in flour, and cook, whisking constantly, until flour is a light caramel color (about 6 minutes). Add onion, bell pepper, and celery, and cook 8 to 10 minutes or until tender. Add sausage, and cook 2 minutes. Stir in chicken broth, salt, and pepper, stirring to

loosen particles from bottom of skillet. Bring to a light boil over medium-high heat. Reduce heat to medium, and simmer 8 to 10 minutes or until slightly thickened. Stir in shrimp, cream and green onions, and cook, stirring occasionally, 3 minutes or just until shrimp turn pink. Serve over Creamy Cheddar Cheese Grits.

PERSONAL Note: I absolutely love shrimp and grits and order it all the time when I go out. I also enjoy fixing it at home or the beach and there are a lot of shrimp and grits recipes out there. This is one I really enjoy that I found in Southern Living Magazine May 2009. I make the Quick Cooking Grits to save time.

Flounder with Shrimp Stuffing

Stuffing

6 Tbsp. butter, cubed
1 small onion, finely chopped
¼ cup finely chopped celery
¼ cup finely chopped green pepper
1 lb. uncooked NC shrimp, peeled, deveined and chopped
¼ cup beef broth
1 tsp. diced pimientos, drained
1 tsp. Worcestershire sauce
½ tsp. dill weed
½ tsp. minced chives
1/8 tsp. salt
1/8 tsp. cayenne pepper
1 ½ cups soft breadcrumbs

Fish

6 flounder fillets (3 oz. each)
5 Tbsp. butter, melted
2 Tbsp. lemon juice
1 tsp. minced fresh parsley
½ tsp. paprika
Salt and pepper to taste

In a large skillet, melt butter. Add the onion, celery and green pepper; sauté until tender. Add shrimp; cook and stir until shrimp turn pink. Add the broth, pimientos, Worcestershire sauce, dill, chives, salt and cayenne; heat through. Remove from the heat; stir in breadcrumbs.

Spoon about ½ cup stuffing onto each fillet; roll up. Place seam side down in a greased 13 X 9 inch baking dish. Drizzle with butter and lemon juice. Sprinkle with seasonings. Bake, uncovered, at 375 degrees for 20-25 minutes or until fish flakes easily with a fork.

PERSONAL Note: I love flounder grilled and baked but in the colder months I enjoy it stuffed because it is richer and more filling. This recipe was found in Taste of Home,

June/July 2009 and is very easy. This stuffing is fabulous and would also be great for stuffed mushrooms!

Gail's She Crab Soup

1-quart water
2 cubes Herb-Ox Chicken bouillon
3 cups potatoes, diced
2 carrots, diced
1 small onion, finely diced
2 cups crab meat
1 tsp. salt
2 heaping Tbsp. butter
1 can cream of celery soup
1-quart milk
2/3-cup cornstarch
2 Tbsp. Old Bay Seasoning
1 Tbsp. paprika
1 Tbsp. chives
1 Tbsp. dried parsley flakes

In a large stockpot place water, bouillon, potatoes, carrots, and onion. Bring to a boil and cook vegetables until tender. Add crabmeat, salt, butter and soup. Stir until butter is melted and soup is smooth. Dissolve cornstarch in milk and add mixture to the pot. Add Old Bay Seasoning, paprika, chives, and parsley flakes. Stir over medium heat until thick and bubbly.

PERSONAL Note: Gail Fuller took first place with this recipe at the NC State Fair back in 2003 and is still a favorite of mine. I like to serve it with fresh black pepper and sherry. It is spicy so cut back on the Old Bay and/or the paprika if you don't like things that have some heat.

Fried Oysters

1 pt. NC oysters
1 cup milk or buttermilk
¾ cup Extra Virgin Olive Oil
2 cups House-Autry Mills Seafood Breader
1 cup Panko bread crumbs
½ cup cornstarch
Salt & Pepper to taste

Rinse and drain the oysters. Place them in a bowl and cover them with milk to soak while making the breader. Combine the House-Autry, Panko, cornstarch, salt and pepper

in a dish. Dredge the oysters in the breader mix and shake off any excess. Heat oil in a medium size pan over medium heat. Place oysters in the hot oil and fry for approximately 2 minutes on each side until golden brown. Sprinkle with salt and pepper.

Sweet and Spicy Tartar Sauce

1 cup mayonnaise
2 Tbsp. chopped fresh parsley
2 Tbsp. horseradish
1 ½ tsp. Cajun seasoning
1 ½ tsp. lemon juice
¼ tsp. paprika

Stir together all ingredients in a bowl. Cover and chill 30 minutes to 24 hours.

Remoulade

3 cup mayonnaise
3 Tbsp. ketchup
1 Tbsp. spicy stone-ground mustard
3 Tbsp. finely chopped celery
1 ½ Tbsp. finely chopped fresh parsley
½ Tbsp. finely chopped scallion
Freshly ground black pepper

PERSONAL Note: This oyster recipe is from my sister, Michele who helps with all the segments and it's her kitchen that we film. The coating is great because it is light with a little crunch and so easy to make. These were a big hit!