

ITEM	PRICE	ITEM	PRICE
BEVERAGES		PLATES	
COFFEE	1.00	CHICKEN SANDWICH	4.99
TEA	1.00	PIZZA	5.99
PEPSI	1.50	PIZZA	6.99
COCA-COLA	1.50	PIZZA	7.99
FRUIT SMOOTHIE	2.99	PIZZA	8.99
LEMONADE	1.50	PIZZA	9.99
ICE CREAM	1.50	PIZZA	10.99
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ICE CREAM	1.50	PIZZA	100.99

LIFE

on the Family

Preserving North Carolina's Coastal Heritage Through Oral Histories



Farm Life Kuritaneli Cookbook
Route 1
Williamston, NC



Butter makes better chocolate fudge than margarine.



East Carolina Eats



2014



A Publication of

**Beaufort County
Community College**



East Carolina Eats

Cultural Studies
HUM 120

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2014

Editor's Welcome

Grandma's Pecan Pie

Hello, and welcome to the 2014 edition of *Life on the Pamlico*. For this edition, students in my Cultural Studies class studied the culture surrounding food in Eastern North Carolina. Food is a defining quality in the Southeastern part of the United States, and in Eastern North Carolina, the tradition of gathering around the table for Sunday dinner carries a special significance.

Over the course of the semester, my students have honed their research and writing skills. They conducted interviews both on and off camera, and the video clips from these interviews can be viewed on our YouTube page. Within the pages of this edition, you'll find copies of generations-old recipes as well as a glance into more than one kitchen.

In thinking about the culture of food in the South over the course of this semester, like my students, I have also had my family's favorite recipe on the mind. In my father's family, there is one desert that must be served at every family gathering – my grandmother's pecan pie. Christmas, Thanksgiving, family reunions ... none of these would be the same without Grandma's



infamous pie.

Growing up, staying with Grandma and Grandpa was always a treat. They lived in a very rural area called Wenona in Washington County. My cousins and I would run and play in our grandparents' large yard, and when it came time, we helped pick up pecans from under the trees in the yard.

The adults would get together and break out the pecans from their tough shells, leaving the earthy tasting meat of the nut in perfect form. The broken or less attractive pecans were later crushed for the pie, but the most uni-

form nuts are saved to garnish the top of the pie.

Now Grandma's pecan pie is not like the usual syrup-based pecan pie one often sees in Eastern North Carolina; rather, it is a dryer type of pie laced with sweet graham cracker crumbs. In fact, it is so difficult to resist, my Grandma often makes multiple pies at during the holidays just to make sure we do not fight over who gets to take home the extra pie. Believe me, those arguments never end well, as someone gets left without an extra slice of pie.

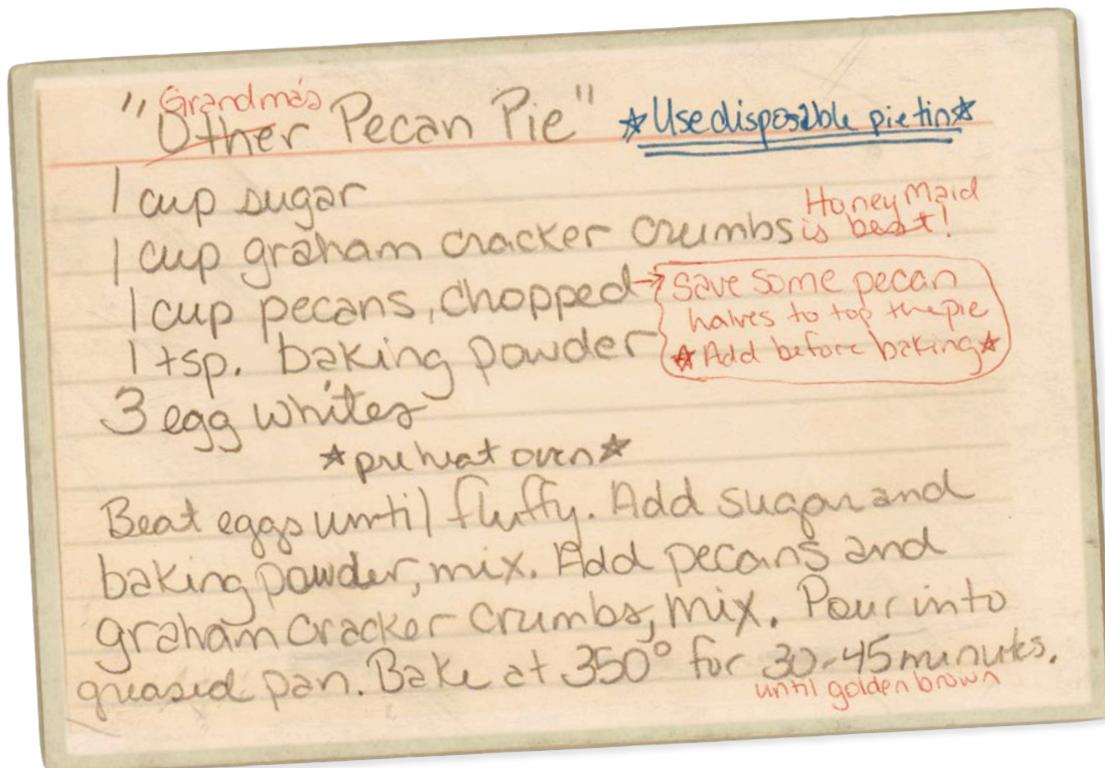
While everyone in the family knows how to make the pie, no one can make it quite like Grandma. We used to joke that Grandma stuck her finger in the

batter to make her pies so good. It has taken me many years to figure out Grandma's secret. I was surprised to find that simply switching to a disposable pie pan was all I needed to make my version of the pie (almost) as good as Grandma's.

As you can see, traditions, family, and food all go hand-in-hand in Eastern North Carolina. In the pages of this text, you will learn about the origins of favorite Southern dishes and a secret family recipe or two. Thank you for joining us for the "East Carolina Eats" edition of *Life on the Pamlico*.

Enjoy!

Suzanne Stotesbury, Editor



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Gail & Mark Webb

Wild Game

Elizabeth Harris

Eating wild game is common in eastern North Carolina. The majority of the population has at least tried some form of wild game, and most eat it on a regular basis. Not only is it eaten at home with family, it is taken to celebrations and gatherings throughout the year.

Gail Garris was raised in Maryland, but she spent part of her summers in eastern North Carolina where her father's family lived. At eighteen years old, she moved to North Carolina to live with her aunt. It was here in eastern North Carolina where Gail met and married Mark Webb.

In Maryland, she ate a lot of seafood and did very little with wild game. Although Gail had been introduced to wild game as a child/teenager, it was after getting married that she learned how to clean and cook many varieties of wild game. Most of



what Gail knows about wild game she learned by trial and error or was taught by her mother-in-law, Louise Webb.

Hunting and living off wild game was a way of life for Louise's family.

There are countless animals that can be considered wild game, but here in eastern North Carolina the main ones are deer, bear, squirrel, rabbit, duck, quail, swan, dove, turtle, and frog. Some less common examples are raccoon and beaver. Each animal is different; there-

fore, they are cleaned and cooked differently.

Once the meat is in the kitchen, cooking it is not very different from cooking the chicken, beef, and pork that most people are accustomed to. The hard part is killing and cleaning the wild game. It is im-

portant to hunt during the specific hunting seasons and freeze the meat to eat throughout the rest of the year. Deer, bear, squirrel, rabbit, raccoon, and beaver are the same. All you need to do is skin and gut them. Duck, quail, swan, and dove are much like chicken or turkey.

Of all wild game, venison or deer meat is the most popular. "You can do almost anything with deer meat that you can do with beef." Gail explained. This includes burger, sausage, steak, stew, barbeque, ribs, and jerky. It is also popular to cut out the backstraps and tenderloins. These are usually either grilled or battered and fried.

One recipe that stands out is Mark's special deer stew. "It is kinda like a seafood stew but with deer instead of seafood," Mark explains. It starts by cooking bacon. You can eat the bacon, but the important part is the bacon grease. The deer meat, which is cut into chunks perfect for stew, is browned in the bacon grease. The meat is then boiled in a pot of water until it is tender. At this point, potatoes, onions, and tomato paste or sauce is added. Salt and black pepper are then added to taste. The stew is cooked until the potatoes and onions are "good and done" or until they are soft. "When this is done you put the



“The best thing to do with squirrel meat is to take the rest of the meat and bones and either par-boil or batter and fry it.”

fire (stove) on low and add about a dozen eggs,” Mark said. These eggs are cracked over the top of the stew but not mixed or stirred into it; they just sit on top. The stew is cooked on low until the eggs are done. While most the recipes Mark and Gail cook are passed down from Mark’s family, he actually invented this recipe himself.

Bear meat is another type of popular wild game. Bear is naturally fat and extremely greasy. Again, basically anything can be done with bear meat; however, the grease can make this difficult. The best thing to do with this wild game is to cut the bear meat into little chunks and make stew.

Squirrel, on the other hand, is a small animal and does not produce a whole lot of meat. Skin it and remove all the insides along with the head and front legs. According to Gail, “The best thing to do with squirrel meat is to take the rest of the meat and bones and either par-boil or batter and fry it.”

Rabbit is about the same as squirrel. If it is an old rabbit, it is best to par-boil it. If you are lucky enough to have a young rabbit, it is acceptable to fry the meat. “This is due to the fact that the meat from rabbits, and basically any animal, gets

tougher as it ages,” explained Gail.

Frogs and turtles are different. Because frogs are so tiny, the only things you can eat on them are the legs. These are typically fried. Depending on the size of the turtle, it does not produce much meat either, so it is best to take the meat and put it in a stew.

The most unique and difficult one is the turtle. Place the live turtle in a bucket or open container of fresh water and leave it for two to three days. This will allow the turtle to clean itself out. Cut the head off, and place the body in a pot of water.



Keep the water at 150 degrees. The turtle is left in this water until the toe nails and skin come off. After this, the turtle's shell is removed, and the good meat is separated from the guts. This meat is best used in a stew.

While Mark and Gail have eaten beaver and raccoon—the raccoon meat was fried and the beaver meat was made into a hash—they have never cooked it themselves. These are not animals that Mark usually hunts. There is nothing wrong hunting and eating these animals; it is just not something they focus their time on..

Mark and Gail used wild game to raise their family. They had three children, and with a tight budget, they found hunting wild game to be much healthier and inexpensive compared to buying meat from the store. Gail's favorite meal is cubed steak (from a deer), battered and fried, with peas and mashed potatoes. She also really enjoys turtle legs. Mark's favorite meal is fried squirrel or rabbit with fried eggs for breakfast. He also loves frog legs.

Not only did they use hunting wild game as a way to feed their family, Mark and Gail also made a business out of it. Mark has owned his "deer business" for over forty years. The business consists of a building be-



hind their house where they skin, gut, and process the deer meat. Mark and Gail live in Pitt County, and hunters bring as their game from as far as Wake Forest for processing.

The process is actually quite simple. Mark skins, guts, and washes off the deer. The deer hang in a cooler overnight and are processed the next day. Mark, after years of experience, effortlessly cuts the meat off the bone. From there, family, friends, and hired help either put it through the grinder to make burger and sausage or cut the meat as the customer prefers.

Once the meat has been weighed out, Gail carefully wraps it in paper. It is then stamped with the correct label, noting what the package contains. The packaged meat is put into plastic bags and stored in a freezer until the customer picks

it up. The most important aspect of this business is that Mark and Gail process only one deer at a time. This is to ensure that the customer gets all of and only his or her meat back.

Running the shop takes a lot of time. Mark and Gail are lucky to have friends and family that are willing to work in the shop. This gives them the help they need, and it's also a way for them to spend time with friends and family. Theirs is a great example of how hunting and eating wild game affects our culture here in eastern North Carolina.

Wild game is an important part of life in eastern North Carolina. Whether it is hunting for sport or raising a family on it, wild game affects the lives of many. Even though the culture is changing and evolving, wild game is a way to connect with the past and bring friends and family closer.

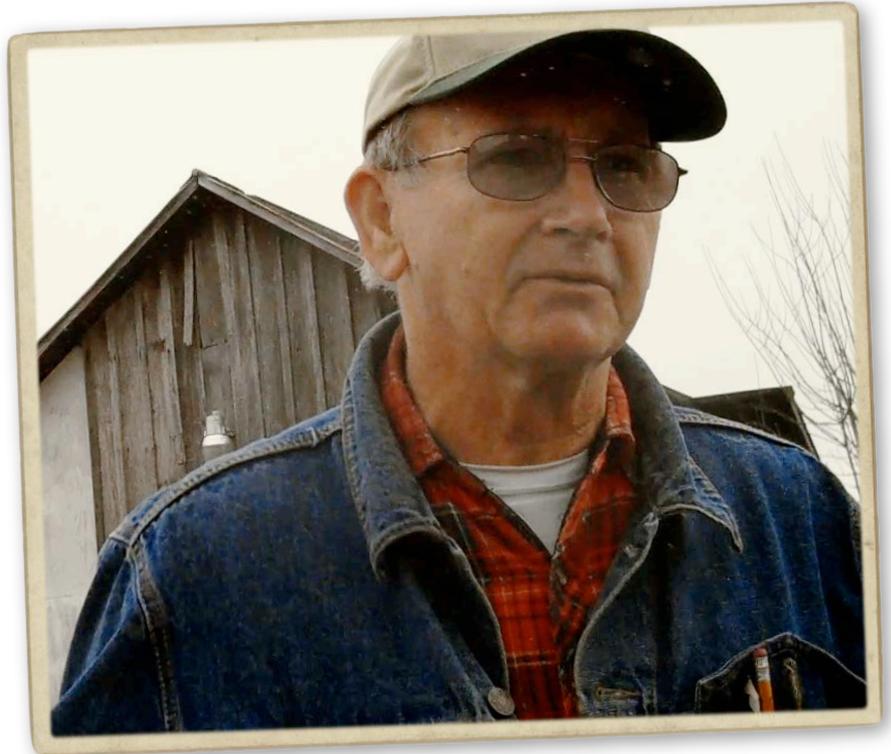
William Price

Molasses

Amelia Merrill & Danielle Hill

Mr. William Price of Williamston, NC, was introduced to making molasses at an early age. He explained, “I guess just at that time, they ate a lot of it for meals, and they depended on it at that time. They used it for sweetener and to cook and bake with, such as molasses cookies.” Making molasses has been in the Price family for generations, and hopefully, it will stay there.

Price and his wife were so humble when we arrived at their house. They welcomed us into their home with excitement and then wondered if they should have cleaned up before we arrived. Price was so happy to be sharing his knowledge with us that he could not wait to start telling us, not just about molasses, but also about his home. The house has been in the family since the 1800s, and Price has high hopes for it to stay in the



family for more generations. As we walked into their home, we felt the history and the genuine care that went into restoring the old plantation home.

Price was not too shy to tell us his history, and he enjoyed sharing his knowledge about molasses. Molasses has been in his family for three generations beginning with his grandfather who made it until 1958. Price said he remembers working in

the sorghum cane field, which he made clear is not sugar cane, but sorghum cane. Sorghum cane is similar to sugar cane, but it is sweeter and has more minerals. His grandfather planted not just a little, but acres of it. Price also planted a large quantity because he made it for the family to eat—to survive on really. He explained, “My grandfather had his grinder mill on a cart, so he can move it to

one place or another. He would take the cart to wherever the farmer had the cane planted, and he would set it up right there at the person's house. A lot of people would bring the cane to him to ring it out and to make it. It has been in my family all my life."

Price was almost giddy when he explained how to make molasses. He stated, "At first I planted the sorghum seeds too early, and when it was time to squeeze it, it was too hot. You do not want to plant it when it is a hot time of the year. I learned to plant it later in the season, and when it was time to come out, it was cool in the fall. I planted it around the first time in July last year, and it came out in the cool part of the fall. I don't remember what time we actually started making it, but it was a lot cooler time and everybody seemed to enjoy it better than being real hot."

"You can have some supply juice ground up first is the best way. I found out if you don't have good supply juices, then you may be in trouble. Because the fire, once it gets heated up, its going to keep heating, and you need to cook the juice down while you got the heat. But if you go to wait for the juice, you need juice to keep putting to it there. As it is evaporating, it

needs more juice because if you don't have the juice, then you might wind up burning it because it takes about all day the process as far as grinding it and cooking it out too."

Price gives presentations about making molasses every weekend or so. He started doing the presentations about two years ago, around the time his companion, Lucy the Mule, came to help squeeze the sorghum cane. Price stated, "My brother Melvin Price from Jamesville has been in it with me also and helped me a long with it for the last few years. Melvin, a lot of the times, would bring out his grandchildren and different ones that they knew would come also." There is a lot

of verbal interest in making molasses, but unfortunately, few people actually show for the demonstration.

Price has a desire to stay involved with making molasses with his brother, Melvin, because he feels it is very rare in the area. When they decided to start making molasses, they went on Craigslist to find a mill. They finally found one in Georgia, and they both traveled there to purchase the mill. He believes that making molasses is something they will continue to do. Although Price has no intentions of being in business of making and selling molasses, he continues to enjoy the fun of making the molasses at his home.



Eastern North Carolina Cheese Biscuits

Amy Freeman & Elizabeth Harris

What is a cheese biscuit? The answer depends on where you are from. To most of the world, a cheese biscuit is either a regular biscuit with a piece of sliced American cheese in the middle or a biscuit with shredded cheese mixed into the dough. This is not the case in Eastern North Carolina! Here in North Carolina, we have a one-of-a-kind cheese biscuit that can only be found in our state, usually east of Interstate 95. This masterpiece is a biscuit with a chunk or a ball of cheddar cheese baked into the center. It is golden brown on top and overflowing with melted cheese. While some are extremely greasy, this is not always case. Every person's cheese biscuit is a little different, but they all think theirs is the best. While they cannot all be the best, they are all wonderful in their own ways.



There is no “history” or “correct recipe” for these unique biscuits. There are dozens of recipes that have been passed down from generation to generation. Everyone makes them differently. In fact, other than “mom and pop” restaurants, Bojangle's is the only place you can buy them. Even

then, these wonderful biscuits are only found in select locations of the fast food chain. To most of the south and even the western part of North Carolina, the Cheddar Bo Biscuit is not available.

Gail Jefferson, who works at Acre Station in Pinetown, North Carolina, makes cheese biscuits

six days a week. The process is simple, and after doing it for nine years, it is second nature to Gail. The biscuit dough is made from lard, flour, Butter Buds (a fat free butter substitute), and buttermilk. She explains, “Mix a little buttermilk and a little flour until it feels right, and ask the Good Lord to bless it.” Then Gail proceeds to grab a handful of sharp cheddar cheese and pack it into the middle of the dough.

Most people absolutely love cheese biscuits. Acre Station sells on average eight dozen a day. During hunting season that rises to 18-20 dozen. The most ever sold there in one day is twenty-five dozen. This takes a lot of ingredients, up to twenty pounds of cheese a day.

The Travel Station, owned by

the Ashkars, across the street from Beaufort County Community College, also makes amazing cheese biscuits. However, those are slightly different. Kristi Moree, along with the other bakers, makes the biscuits. They take a five pound bag of shredded sharp cheddar cheese and microwave it. They then proceed to mold it into two ounce gooey balls of cheese. They make about forty and then place them into the refrigerator to harden. They use pre-made dough and wrap it around the ball of cheese. This ball of goodness is then baked and served. After pointing out she has lived in forty-eight of the fifty states, Kristi shares, “This is the only place I have ever seen biscuits like this.”

These cheese biscuits are

“Mix a little buttermilk and a little flour until it feels right, and ask the Good Lord to bless it.”

part of our way of life here in Eastern North Carolina. Many of us grew up eating them and are oblivious to the fact that they do not exist in other places. They represent many pieces of our culture. When enjoying a cheese biscuit, one is not just eating a food, one is having an experience. When you eat a cheese biscuit, your mind takes you back to a specific moment. This moment is different for everyone and can be anything. It is a parent who makes breakfast for the family. It is a grandmother and grandchild spending a day in the kitchen together. It is a secret family recipe passed down through the generations. It is a meal around the table as a family. Eating a cheese biscuit brings a happy memory and a joyful moment.



Doris Alligood

Bread Pudding

Amy Freeman

Doris Bolin Alligood is a nurse at the Beaufort County Health Department in Washington, North Carolina. When she gets off work, she goes home, changes clothes, and cooks dinner for her family. On the weekends in the spring time, she can be found on her back deck, enjoying the warmth or tending to her vegetable garden. In the colder months, she can be found curled up on the couch watching television with her family, or in the kitchen, cooking a variety of things from her family's take on stuffed cabbage to bread pudding to anything that tickles her fancy. If she is asked, "What is for dinner?," the answer might be, "Whatever you find," but usually, she will open her cookbooks and see what she has on hand for a delicious home cooked meal.

She loves cooking because food is a special way to show



people she cares, whether it is a birthday dinner, a breakfast in bed, or dinner made for people when they get off work. Food and recipes have been passed down from generation to generation by way of knowledge, love, and taste. Cooking for others shows that she is thinking about someone and she loves them.

Doris has been growing gardens ever since she was a child. She has been growing her own

garden with her husband for six years. She grows tomatoes, okra, cucumbers, and squash.

This year, she says she might even try to grow zucchini. She uses fresh tomatoes on her ham sandwiches, and she pickles her own okra. While she does not grow her own strawberries, she goes out to a local farm, picks them herself, and then makes jam.

One of her favorite things to make is bread pudding, a dessert

originally made from stale, leftover bread combined with eggs, milk, and sugar. This dish has been around since the 13th century; in England, it was known as the “poor man’s dessert.” Back then, anything else, like fruits and nuts to go in a pudding was very hard to get, and oftentimes, sugar was even difficult to find. So they would eat it, as is.

However, Doris’ take is a little different. In this modern so-

Easy Bread Pudding

9 slices of toast (10 if using pineapple)

6 eggs

1 Stick butter

4 cups milk

2 cups sugar

Chunk bread in melted and toast

Beat eggs, milk, sugar together

Put bread in a pan

Pour mixture over bread

Bake at 325 for 45 minutes or until set
Sometimes 40

Add Fruits & nuts!

*...the simplest
dish can bring a
smile to anyone's
face when it is
made with love.*

ciety, we can afford little things to brighten up our food, such as fruits and nuts, which she puts in her bread pudding. Her recipe is more moist than other bread puddings. She explained, "This gives it more flavor, and I get to pretend I am eating healthy."

Doris originally obtained the basic bread pudding recipe from a friend of hers who wanted her to try it. "When I saw how easy it was, I thought this could be a delicious dessert that takes no time at all," she said. "It is a simple recipe, just bread, milk, eggs, and sugar. You could get more creative if you want to. Sometimes I add nutmeg or a splash of vanilla to the mix." Then she wanted to add even more. She started with a handful or two of walnuts, and then she decided she would try a can of peaches.

From experience, I know her

family loves her version of the bread pudding, but whenever she makes a batch of her bread pudding, she always makes sure there is enough for the elderly neighbors down the road, too. This is a great example of how the simplest dish can bring a smile to anyone's face when it is made with love.

Her recipe calls for nine slices of toasted bread unless she decides that she wants to put pineapple in it. In this case, the recipe calls for ten slices. First, she melts all of the butter in a large pan and toasts the chunked bread in it. Then, she beats all of the other ingredients together, pours it over the toast, mixes in her canned fruit, and bakes it at 325 degrees for 45 minutes or until she is happy with the color.

I know Doris pretty well; she is like my family. She and I are often in the kitchen together, trying and teaching each other new things. We have used her homemade strawberry jam to bake into a cheesecake, and I once made myself sick from eating two jars of her pickled okra.

Doris and I are in the kitchen together often, figuring out new things to try, pouring over cookbooks, and even just making sandwiches. Even though we are not actually family, we both understand the love that can be passed through food when one is making a meal for someone. Sometimes, she does not feel like cooking, but she is a great example of how recipes, knowledge, and love are passed down through each generation by way of mouth.



The Importance of the **Oyster**

Rhett Alligood, Sharon Equils & Rebecca Hudson

The East Coast of North Carolina is littered with towns and villages that play host to countless fishermen. People spend their whole lives on the water and make their livings on what resides there. The importance of oysters here cannot be understated. They are a fine meal for many, a focus of social gatherings and of great economic importance to the region as a whole.

What is an oyster? An oyster is a bivalve mollusk with a rough irregular shell. That means an oyster is an invertebrate that lives in a shell made of two separate pieces. Oysters of the family Ostreidae are commonly eaten while oysters of the family Aviculidae are not, but they are still harvested for their pearls. Oysters for consumption are harvested from September through April. This is because they need to be kept cold, so be-

fore refrigeration, they could not be harvested during the warmer summer months.

Typically oysters consist of about 23% carbohydrates, 33% fat, and 44% protein, making them a good balanced food source. They are also a good source of assorted vitamins and minerals, including a large amount of zinc which gives the

oyster aphrodisiac qualities.

Oysters have been a common food in coastal regions since prehistory with early Romans being the first to cultivate them for harvesting over 2,000 years ago. But, how do they affect us today?

The oyster is an important economic fixture in North Carolina. Many local commercial





fishermen make their livings off their catches, which along the coast includes oysters. They pay state income taxes on the money they make selling their wares to fish markets. Local fish markets supply restaurants and oyster bars as well as individual consumers. For example, The Garden Spot in Plymouth, NC, purchases its oysters from a local fish market in Washington, N.C. Fish markets pay state and federal sales taxes as well as income taxes. Oyster bars and restaurants sell prepared oysters to consumers, and they also pay sales and income taxes. All involved parties also pay local and state property taxes on boats and buildings. So you can see the chain of money that flows from just one little oyster. Be-

cause oyster roasts are so popular in the east, they also make a significant fundraiser for most organizations; the Bath High School Preservation Group hosts a roast each year where it raises a significant amount of funds.

Oyster bars have a long standing tradition along the East Coast. Almost every town in Eastern North Carolina has an oyster bar. When asked why he wanted to open an oyster bar above The Garden Spot restaurant in downtown Plymouth, operator Joey Womble explains, "There was always an oyster bar in Plymouth until Roanoke Oyster Bar shut down about eight years ago. I wanted to replace it. And this building also has historic significance. It was built in 1902 and has been a Ford deal-

ership, law offices, and an art gallery. I wanted to use it for something."

In fact, the building still has the antique car mural on the wall outside and the original wood floors, complete with oil stains from when it was a car dealership. It is decorated with original art from when the building was an art gallery.

Aside from being a social gathering place for the town's people, the restaurant is a cultural treasure for the town itself. The same can be said for many oyster bars and seafood restaurants serving oysters. They tend to be decorated in ways that reflect their cultural significance. Many times you will find that

They are a fine meal for many, a focus of social gatherings, and of great economic importance to the region as a whole.

these establishments are decorated with artifacts relating to the fishing industry itself, such as nets, oars, oyster tongs, or art reflecting boating and waterscapes. They are also often decorated with artifacts relating directly to the town it is in such as pirate-themed items or local antiques. Just walking into one of these local eateries can give you a sense of what is important in that community.

Backyard oyster roasts are also important fixtures along the East Coast. While barbecues are a popular gathering place for family, friends and neighbors in the summer, oyster roasts serve that purpose in winter. What better way to gather together in a social setting during those dreary winter months than with a cookout featuring a fresh off



the boat catch of oysters?

Chances are you may even know the fisherman from whose boat they came. As an added bonus, when you are done, you will have plenty of oyster shells to use to line your driveway, as a ride through almost any neighborhood will show you, many people often do.

Oysters have been such a longstanding tradition in the East that they are even included in the local folklore. A Hatteras tale of Abraham Midgett and his ox, Willy, is a good example.

Midgett was making a delivery of oysters from the Pamlico Sound to the life-saving station on Creeds Hill one afternoon when his ox and his cart got stuck in the mud. In a feat of strength, he then carried in two

large coffee sacks, one over each shoulder, all the oysters at once to the station himself.

He returned to unhitch his ox and freed his cart, also carrying it to the station. Walking back once more, he retrieved his ox from the mud and carried him across his shoulders all the way back to the station. After all this, it is said that Midgett ate a large meal of two pecks (about 50 oysters) for his supper, raw.

This winter, if you do not already, head to your local oyster bar or seafood restaurant and, like Midgett, get your fill of oysters. You can experience local culture, meet some fine people, and help support your local economy. And who knows, you might even get lucky and find a pearl!



Lucy Watts

Glazed Ham

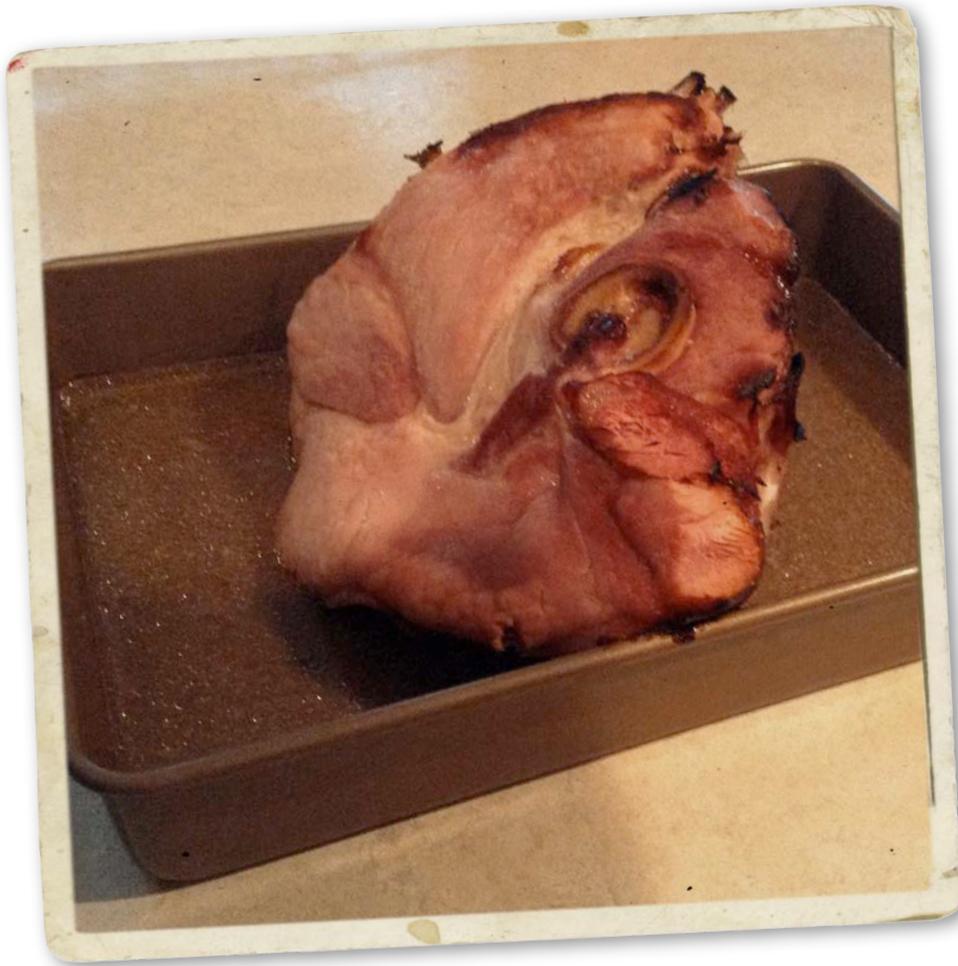
Britney Watts

She was only eleven when she started cooking. Lucy Watts, a 60-year-old great-grandmother of 22 children, has always loved cooking and making new dishes. Growing up in rural Maryland, her family was very poor and had little money to feed her family of nine. As a child, she enjoyed eating and watching her mother cook. The food was wholesome and delicious. Although her family grew up in Maryland, her mother was originally from South Carolina. She loved cooking and making southern dishes. "I used to sneak under the kitchen table to steal food and watch my mother cook. I was a greedy little girl, and I just loved food," Lucy explained. This marked the beginning of her lifetime position as the family's chef. Her family's favorite dish is her apple sauce glazed ham.



Glazed ham has been a tradition in families since the early eighteenth century. Historians at Mount Vernon have noted Martha Washington (President George Washington's wife) and

her unusual fascination with glazed hams. Glazed ham recipes have been passed down for over three centuries. The glazed ham has been a part of Lucy's family since the early



1960s. “I introduced the ham to my family one Thanksgiving. Ever since then, it was on the menu of all of the family gatherings and parties. Everyone loves it,” she explained. The recipe was originally taken from an old cooking show that was broadcast in the late 1960s. The family tried it and immediately fell in love. Nearly 30 years later, living in eastern NC, Mrs. Watts still has her mother’s soul food way of creating delicious southern style dishes. The recipe has been used by most of the girls in the family and has carried on as

a tradition for Lucy and her three daughters. Each Thanksgiving and Christmas, the family gathers around the table ready to dig into the delicious grilled turkey and apple sauce glazed ham. The ham adds a bit of a twist to dinner and provides enough meat for second helpings. After dinner, the ham is always the topic of conversation.

The glazed ham has been a part of the Watts family for years. The tradition has been passed down to Lucy’s children and shared with anyone who wants to make the ham. The

“I used to sneak under the kitchen table to steal food and watch my mother cook.”

recipe is opened for tweaks to fit the desired taste for the cook. More sugar can be added or taken out and other ingredients can be added to the ham. While many families have baked their hams covered in pineapples and others have glazed their meat in honey, the Watts family includes applesauce, ground cinnamon, brown sugar and regular white sugar. Preparation is simple, and the dish is tasty.

Step 1:

The first step in preparing this dish is choosing the right ham. Sweet hams are ideal for this particular dish. The low sodium allows the sweet of the glaze to stand out. Too much salt will overpower the taste of the glaze. Try to avoid large and salt cured hams. After you pick out a nice ham, preheat your oven to 350

degrees (you want your ham to stay juicy, so keep the temperature low). Place the ham into a baking pan and add 1/2 cup of water to prevent the ham from sticking to the bottom. Once the oven is ready, place the ham in the center and bake it until the surface is golden brown. Take the ham out and let it cool for about 15 minutes.

Step 2:

After the ham has cooled, begin cutting first horizontally then vertically, creating squares in the surface of the ham. The

squares allow the glaze to penetrate and add more flavor to the center.

Step 3:

To make the glaze you will need 4 cups of applesauce, 1 teaspoon of ground cinnamon, 1 cup of brown sugar, and 1 cup of white sugar. Mix the ingredients until there is no clumping.

Step 4:

Slowly pour the glaze across the ham, stopping occasionally and allowing the sauce to penetrate

the creases you created earlier. After the ham is completely covered, place it back into the oven to cook an additional 15-20 minutes.



Jill Warr

Wholesome Foods

Rhett Alligood

The sun rises over a cold, crisp morning in Jasper County, New York. Its rays find a young girl milking the cow that she has just fed and watered. She milks a rhythm like a slow beating drum while listening for the faint sound of roosters greeting the new day.

This life was led by Martha “Jill” Warr from the time she was a small child until she left New York at the age of 20. She was an orphan who lived a short time in Brooklyn until being adopted by Italian dairy farmers. After leaving Upstate New York for Pinetown, NC, and meeting a small town Navy man, she wanted more. She wanted to start a family. Because of the knowledge she received from living on a dairy farm, she decided to raise her new family on homegrown food.

According to Jill and many others, a wholesome food diet,



not necessarily organic, is beneficial to one’s overall health. Human immune systems thrive on natural food. Natural food that has not been altered in any way contains thousands of various phytochemicals. These phytochemicals help plants to grow and function, but they also work as antioxidants that protect cells against damage. Phytochemicals also produce natural dopamine in the body that makes you feel good as opposed to caffeinated drinks which couple artificial dopamine with sugar and bad carbohydrates. This combination actually slows your body’s

natural ability to fight off multiple illnesses. Aside from this, there are many advantages to eating homegrown food.

Recently, there has been a push for foods not containing Genetically Modified Organisms, or “GMOs”. These can be anything from steroids to harsh preservatives. Artificial food coloring can be considered a GMO. Jill’s daughter Erica is allergic to Red-42, so Jill had to find ways around her allergy.

Jill realized that she was not alone in her quest for homegrown happiness. Here in Eastern North Carolina, farming is

the source of income for many families, and “living off the land” is a popular choice. Jill kept her kids on a homegrown food diet containing many vegetables from her own garden such as corn, peas, string beans, onions, beets or “anything that would grow easily here [in Beaufort County].” She added, “I didn’t have much luck with collards; I left that up to Daisy [her mother in law].” Also, there are many co-op programs where she obtained farm fresh food in bulk. One co-op that Jill used was Frontier Natural Products Co-Op, a company based out of Norway, Iowa that ships farm fresh food and spices nationwide.

Living next door to a hog farm, she also had access to a lot of fresh meat. Jill also raised farm animals in her backyard, but there was no way of knowing if the meat she got from them was truly organic because the animals were purchased from an outside dealer. There was no guarantee that the animals she purchased did not have some sort of steroid in them, but the meat was fresh.

While she raised her family on natural food, there were a

few special treats that cannot be grown in a garden. Some of the things she allowed in her home that were not homegrown included cake mix, ice cream, and canned fruit. Also, for holidays she allowed her children to have as many sweets as they wanted.

Jill knows many places where she can get fresh vegetables and spices such as rosemary and thyme. She knows many people who own chickens for farm fresh eggs around the area. Most of the time, her meat comes from the Acre Station Meat Farm in Terra Ceia where the only true preservative it uses is refrigeration. It is a non-GMO certified store.

Years ago, especially in the South, one had to use salt for preservation of food. There was no refrigeration. Jill recalled this was popular in her ex-husband’s family. “Roland’s family grew up without any type of refrigerated food. Salt was a staple in their house,” she explained. Many people would boil out the salt in the food when they were ready to prepare it. Jill tried to stay away from salt as much as possible, much to Roland’s dismay, but she knew that a lot of salt caused high

blood pressure and so avoided a lot of salted meat. Because of refrigeration, Jill was able to preserve a lot of food without salt and use it only as needed for seasoning.

Jill continues to eat a diet of mostly homegrown food; however, her interest for it declined after all of her children left home. She still keeps a vast garden of onions, cabbage, tomatoes, mint, and rosemary among other things. She said she thinks that if we went back to basics and did not use any type of chemical preservatives in our food since we now have refrigeration, a lot of these new diseases would be kept at a minimum. The reason for these diseases is that food is not kept by natural means; therefore, it does not agree with our natural immune system, which can make us sick. The solution for her is simple: stick to homegrown food.

If you would like to learn more about the Acre Station Meat Farm, it is located in Terra Ceia, North Carolina, and you can visit frontiercoop.com to learn more about Frontier and its mission to deliver wholesome food to everyone.

The solution for her is simple: stick to homegrown food.

My Mom's Fudge Icing

Rebecca Hudson

I can remember as a child the smell of cake and chocolate fudge cooking in the kitchen, and my parents waking me up early to sing “Happy Birthday” to me. I always tried to steal chocolate from the side of the bowl while my mom was trying to cook. I remember playfully fighting my sister and dad over who got to lick the spoon and bowl, having all my family coming over laughing and enjoying each other’s company: all these things come to mind when I think about my mom’s fudge recipe.

My parents got the recipe back in the 1980s, and as far back as I can remember, my mom has always made the fudge icing for the family’s birthdays. I was always excited when it came to my birthday because I knew I would be able to have my chocolate fudge cake. The recipe made its way into the family



tradition by the way of my dad. He was in the U.S. Coast Guard, and one of his friends had a grandmother who used to bake cakes with the icing on it for all the men on the ship. After a while, my dad obtained the recipe, and my mom started making it. Little did my dad know all the memories that would be made with this recipe.

The fudge icing recipe is a little finicky. There have been a few times when the fudge did not come out correctly. Some of

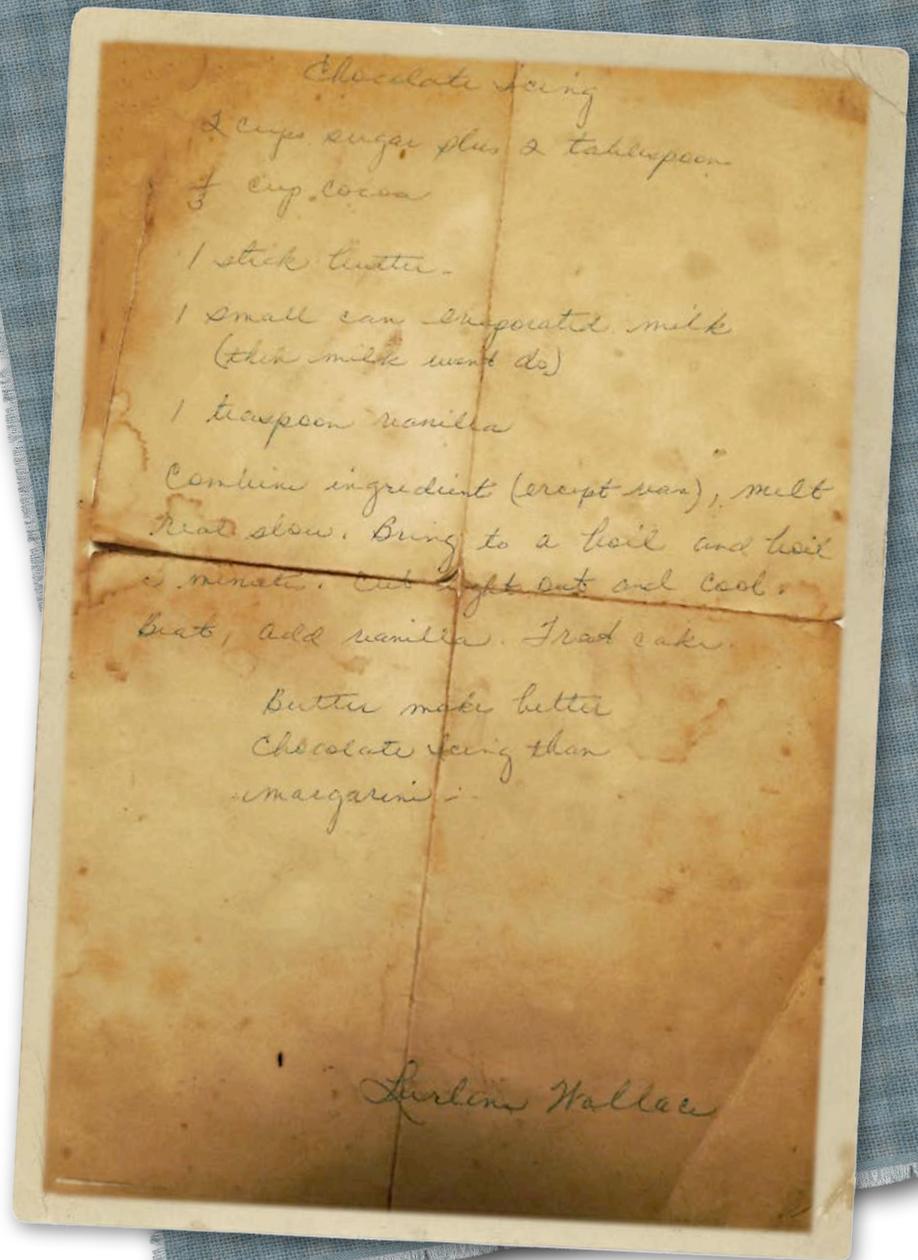
it is due to the fact that the fudge is affected by time and the elements. Sometimes, when my mom made the icing, it hardened faster than we could get it on the cake. Other times it was too runny, so when we tried to spread it on the cake, it would slowly drip off and make quite a mess. When it is too hot outside and the humidity is high, the icing becomes too runny, and you cannot put it on the cake. Also, if the icing is cooked too long, it will harden and will not

spread on the cake. This happened to my mom one day. So, to save the icing, she put the chocolate in a small cake pan. She put it in the fridge, and we had chocolate fudge squares instead. The recipe is very versatile in that way.

When my mom passes the recipe down to my sister and me, it will give us years to try to perfect the recipe despite all the trickiness of making it. Then, it will get passed down even further to our children, and one day, it will become an old family recipe for generations to come.

The recipe is pretty simple to make; all you need is sugar, co-

I was always excited when it came to my birthday because I knew I would be able to have my chocolate fudge cake.



coa, butter, evaporated milk, and vanilla extract. You need two cups and two tablespoons of sugar. The icing calls for one stick of real butter, and the recipe says real butter works better than margarine. One small can of evaporated milk, and the last thing is one teaspoon of vanilla extract. Once you have all your ingredients together, you mix

together all but the vanilla extract. You have to keep the burner on a medium setting and stir constantly, or it will stick to the pot. Let the mixture heat to a boil, then let boil for 5 minutes. Once the 5 minutes are done, move off it burner and let it cool. Once cooled, stir in vanilla extract, and ice whatever cake or desert you like.

In Downtown Washington, **Shrimp & Grits**

Joshua Congleton, Britney Watts, and Kayla Hudson

Shrimp and Grits, particularly in the South, became a very popular meal during the 20th century. This dish first rose to popularity amongst fishermen out at sea. Fishing trips could last for months at a time. Grits were taken on these trips because they are a non-perishable food that stores well.

The origins of Shrimp and Grits as a dish are uncertain. However, historical records show Shrimp and Grits date back as far as the Native Americans. The natives were very fond of both corn and catching seafood. They used rocks to grind corn kernels to create fine grains. Today, North Carolina is home to many corn farmers. Since corn is vastly grown in the area, there is a greater production of grits. Of course, in the modern era, technology to create grits has improved. Now, each kernel is plucked off the



Historical records show Shrimp and Grits date back as far as the Native Americans.

cob and placed into a machine which grinds the corn into grits.

While grits are delicious, one of the most commonly eaten seafood on the East Coast is shrimp. Shrimp are full of healthy omega-3 fatty acids which can lower one's chance of suffering from a heart attack. They are also loaded with proteins and Vitamin D. Living on the coast allows easy access to freshly-caught seafood, making it extremely popular. Many businesses and locals here on the East Coast create a living by fishing for all types of seafood.

Traditionally, Shrimp and Grits are made with basic ingredients including fresh fish, quick grits, and a dash of seasoning. Typically, the grits are boiled in water until they become creamy and soft. Some may even add cheese and butter to create richer, more flavorful grits. The shrimp is either fried

in a little oil, or it can be boiled depending on what one may prefer.

In recent years, magazines have printed recipes and tips for cooking Shrimp and Grits. Many restaurants have decided to create different versions of the dish as well. For example, Grub Brothers in Washington, NC, is known for its popular version of Shrimp and Grits. Unlike the traditional recipe, Grub Brothers mixes uncooked quick grits with cheese. This is deep fried, creating a "grit cake". The cake has a firm outer shell with a soft moist center. This is topped with gravy, peppers, sausage, and bacon, giving the meal a unique flavor.

For someone on a budget, Shrimp and Grits makes an inexpensive home cooked meal. It is also a versatile meal that can be prepared to meet individual tastes. Prepare the dish via the attached recipe, and added some of your own ingredients to make it your own!

Ingredients:

3/4 cup yellow stone-ground grits
3 cups of milk
1/8 cup of extra virgin olive oil
1 tsp. butter
1 small onion, finely chopped
1 lb. shrimp, peeled and de-

veined
1/8 tsp. white pepper
1/4 tsp. salt

Directions:

In a medium saucepan, bring the milk to a boil. Stir in grits and reduce heat to low. Cook, stirring occasionally, until sticky. Usually takes about 10 minutes.

Meanwhile, heat olive oil and butter in a skillet over medium heat. Sauté onions until tender, then toss in shrimp. Season with salt and pepper. Cook 4 or 5 minutes, or until shrimp turns pink.

Stir shrimp mixture into grits. Continue cooking for 10-15 minutes.

Serve hot.



50 cents, kids purchased candy, or a person could find a one way ticket out of town.

The store has changed owners over the years. It is now called Spencer's Snack Bar, but to the locals, it will always be the Bus Stop. Hot dogs, hamburgers, and breakfast are made to order. The two walk-up windows allow customers to

watch the cooks, Brian Jernigan, who has been employed there for three years, and Marian Taylor, who has been employed there for over 16 years.

"The town of Windsor has changed over the years, but we keep the same values, great fresh cooked food for less," said Marian. Visiting the Bus Stop is like taking a snap shot of the

past in present form. They know many customers by first name and by catchy country nicknames, like "Junebug" and "Boywhite." Spencer's continues to be a place where food and friends come together.

Spencer's Snack Bar is located at 208 W. Granville Street, Windsor.



They know many customers by first name and by catchy country nicknames, like "Junebug" and "Boywhite."

Juanita Godley

Deviled Eggs

Kayla Hudson

Life on the Pamlico has gone relatively unchanged through multiple generations. Families have passed more than just their genes; they have passed down their recipes and heritage. Juanita Godley, my mother, can make the most amazing chicken salad. That recipe has been passed down for a very long time now. Juanita loved to be by her mother's side as a young girl when her mother prepared dinner for her family. At the age of 6, she began to pick up a few cooking tricks of her own.

By the time she became a teen, she pretty much could prepare meals for her family without the help of her mother. They loved to cook desserts first and meals last. It was the way my grandmother was raised. My grandmother passed before my eighth birthday; however, she did not leave us behind empty



Our family has always believed in keeping things traditional, and not many change around the ingredients.

handed. My mother has plenty of old recipes from my grandmother and a few of her own.

Deviled eggs has to be one of my all-time favorite family recipes aside from pineapple upside cake. Growing up, I loved eating deviled eggs and so did my mother. Juanita has made traditional deviled eggs for all of our family gatherings for many of years now. It is not only the easiest dish to make, but it is also quite tasty.

Juanita says she enjoys watching the family gather together to enjoy the simple yet old family recipes. In fact, when working on this project, my mother taught me how to cook deviled eggs the way my grandmother did. The traditional recipe consists of just a few easy steps. You need to know how many people you are feeding and how much time you will need before beginning to fix this dish. The easiest step is putting it all together.

Each family member puts their own personal touch on the

recipe. For example, my aunt prepares the dish by adding thin sliced pickles and a little pimento cheese. This alters the flavor but in a good way. Adding pimento cheese adds a hint of tanginess and adding extra pickles adds sweetness, but then the cheese tones back that sweetness. However, our family has always believed in keeping things traditional, and not many change around the ingredients.

My grandparents passed away when I was young, but my mother has made sure to pass down to me the traditions and heritage they established. Throughout this project, I learned more than just how to make a wonderful family dish. I also learned about other recipes and family secrets.

To prepare our family's deviled eggs, take boiled eggs and cut them lengthwise. Then remove yolks, stir them together with the other ingredients, then return the mixture to the egg white. Top with paprika, and the dish is done!



Ingredients:

- 7 large eggs, hard boiled and peeled
- 1 teaspoon prepared mustard
- 1 1/2 tablespoons of sweet pickle relish
- 1/4 cup of mayonnaise.
- Salt and pepper

Directions:

Halve the eggs lengthwise. Remove yolks and place in a small bowl. Mash yolks with a fork and stir in mayonnaise, pickle relish, and mustard. Add salt and pepper to taste.

Fill egg whites evenly with yolk mixture. Garnish with paprika, and store covered in refrigerator.

Aunt Kathy's Chicken & Pastry

Amelia Merrill

Throughout generations recipes are passed down and changed through person to person, but if you are lucky, you may find that your family has kept the same recipe throughout generations. In my family, the dish chicken and pastry evolved from chicken and dumplings. The key difference is that chicken and dumplings uses a soft biscuit batter and chicken and pastry uses long strips of flour dough.

Chicken and pastry may have been derived from chicken and dumplings, yet in the Southern United States, it is usually called chicken and pastry. The recipe is always going to be different and have a wide variety of flavors depending on where one is in the United States. The chicken and pastry recipe is primarily a Southern and Midwestern dish.

Chicken and pastry is a



popular comfort dish. It is also attributed to being a French Canadian meal that originated during the Great Depression. It is a dish that is prepared with a combination of chicken, broth produced by boiling the chicken, multiple flat strips of pastry dough, and salt and pepper for seasoning. This recipe is not too different from the recipe that my Aunt Kathy makes.

I remember when I was little, and my grandma was still alive. The family would all

gather at her house almost every Sunday after church for lunch. My grandma would be in the kitchen cooking while everyone else would either watch TV or go outside. When it was time to eat, everyone gathered at the dinner table for a nice home-cooked meal. The main entrée was usually chicken and pastry; it was her favorite thing to make. My aunt, Kathy Rinker, explained, "This recipe has been in the family for at least three generations. It went as far back as your

My grandma used to roll up her pastry with a Pepsi-Cola can.

great-great-grandma. 'Cause it was my mom's, grandma's, and great-grandma's."

The recipe that is passed down in my family is very simple to make. "It was always made from scratch. The recipe never changed when being passed down," said my Aunt Kathy. "All you need is to mix flour with water. Put flour on your preparing station, so the dough does not stick to the surface. Also put flour on your rolling pin. Roll out your dough, and cut it into long strips. Boil your chicken for at least 40 minutes with the bone still attached. The prepare time will be about an hour to boil the chicken and roll out the pastry dough" she explained. My grandma used to roll up her pastry with a Pepsi-Cola can.

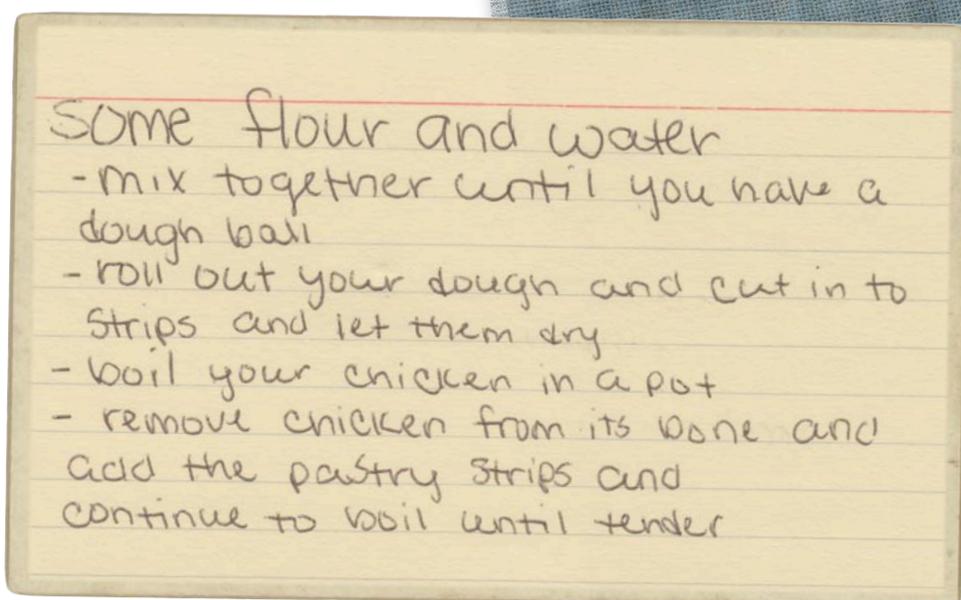
The cooking time varies from 30 to 40 minutes. Since chicken meat would become dry and tough if it is boiled too long, the chicken or parts are removed from the broth before

adding the dumplings. While the dumplings are cooking, the meat is separated from the bones. When the dumplings are done and the broth seasoned and thickened, the chicken is returned to the broth. The dish is then ready to be served, but it may be kept on low heat so as to not further cook the chicken.

My Aunt Kathy has only tried to make this recipe two or three times, yet she has not quite got it like my grandma used to make. It has to do with the dough and how thick it is. If the dough is not thick enough, then the texture will become goey. The dough needs to have thickness to it. It is something I cannot explain, but I know it is important. Also, the cooking time is a big factor in getting the chicken and pastry to the right quality. If cooked too long, the

pastry will have a rubbery texture, and if not cooked long enough, the chicken might not be cooked thoroughly and the pastry will not be cooked properly.

Chicken and pastry is a delicious family dish that just about everyone loves. I lost the one person in my family that loved to make it all the time and enjoyed making it as well. Every chance I get to eat my family's chicken and pastry I take it. It is not just the food aspect that I love but the meaning behind why I love it. Because this recipe has been passed down in my family, one day I hope that I too learn how it is made.



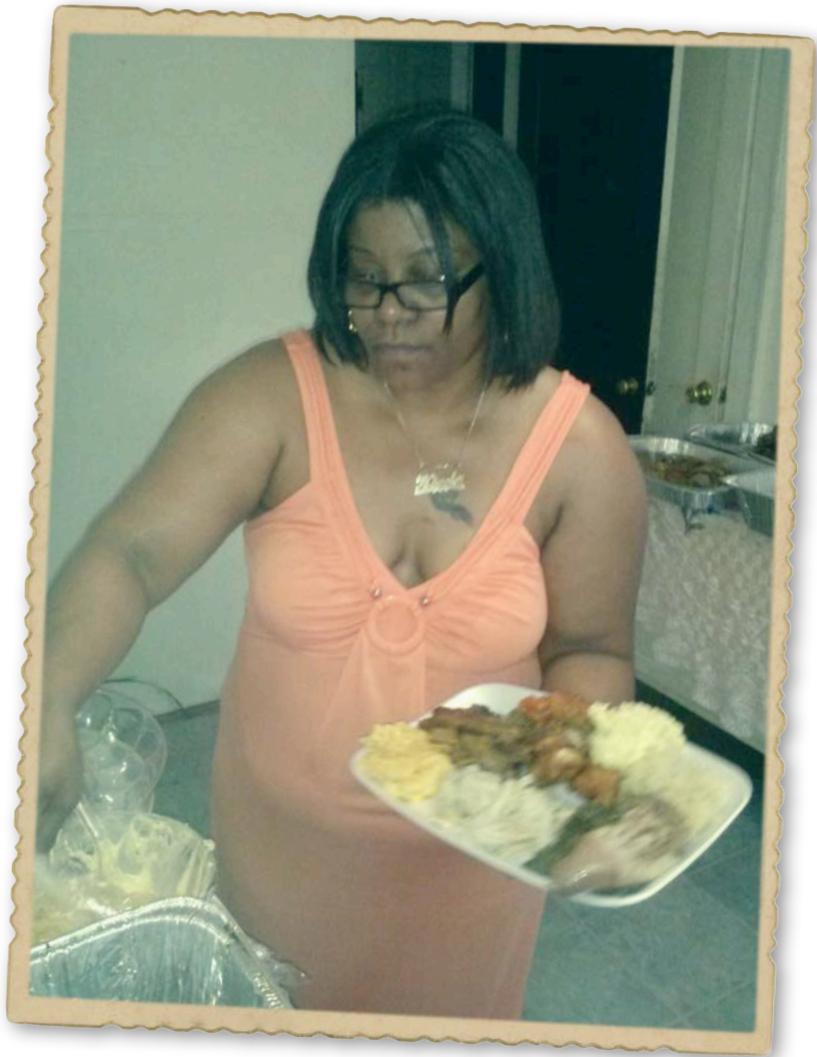
Nicole Younger

Chili

Damien Williams

A woman with a passion and a love for cooking, Nicole Younger of Greenville, NC, began cooking at the age of 20. However, Nicole was always interested in cooking. “I used to sit in the kitchen and watch my grandma cook,” she said. The passion and love with which her grandmother cooked left Nicole with the desire to know more. She also used to watch her father cook.

After she became an adult, the first meal she cooked was a microwave dinner. After mastering microwavable dinners, she wanted to try something different. She has always loved chili and wanted to try to make it, so that became her first real dish. She grabbed a box of chili mix and followed the recipe on the box. “It was good, but something was missing,” she said. Later, she realized the one thing that was missing was love.



Nicole explained, “Living in the South, the one thing that people put into their food is love.” Growing up in the South, one of the most important things is family coming together and sharing a meal. Nicole said,

“I believe that Southern culture differs from any other culture because majority of the time, we are cooking for our families, and that’s where the love comes in.”

After her first try at making chili, she began to think about

her family members and all they meant to her. So, she decided to start her chili recipe over with a new plan. She stated, “I started to talk to my food and began to add different things that the family and I loved.” She began conversing with her chili saying, “I wonder how this would taste?” and “Maybe I should add a little more of this.” She knew that the family, especially her dad, loved country ham, so she decided to add some to her chili. The results were delicious.

Everyone began to love her chili. She said, “I actually began to have friends and family offering to pay me to cook chili.” Although she was flattered at the idea, Nicole stated that cooking for her family and friends was priceless. “It’s all about love,” she said. There are times we may fuss and fight with our families, but we love each other unconditionally.

Family is a major aspect of southern culture. “There is nothing more I love to see, than family coming together to enjoy great food and family fun,” Nicole said. Even though she has a great family recipe for chili, it is always evolving. She said, “It started off being very spicy, but as my mom got older she couldn’t handle the spiciness,” so she changed her recipe to cut back on the peppers.

Nicole went on to become a great cook. She continues to create her own recipes. She said, “I can’t cook from a recipe. I sit down and brainstorm on what might taste good together and go from there.” Her family loves her cooking, so she began cooking more and more for family and friends. At one point she was out of work, so she used what she does best to make ends meet. Co-workers begin to pay her to cook for them and their loved ones. Not only did this become a source of income for her, Nicole also believes that cooking is therapeutic. “When I cook I lose myself in what I’m cooking,” she said. In her opinion, when you have had a long day at work, and nothing seems to be going right, cooking relieves stress. Cooking to her is not about money or being the best. She said she would not or could not be involved in any type of competitions, or cooking professionally. Cooking professionally or entering into competitions loses the personal aspect of cooking in her opinion. Nicole says, “I would much rather just cook for my family members and friends, just to show my love and appreciation to them.”

So, whether it is Sunday dinner at grandma’s house or coming together for the holidays, here in the South there is noth-

“When I cook,
I lose myself
in what
I’m cooking.”

ing like family coming together for a great meal. Southerners may differ on a lot of things, but the one thing we can agree on is that in southern culture there is nothing more important than family. Family is the backbone of southern culture.

Nicole’s Chili Recipe

Step 1: Simply start with a basic chili recipe. “I started with the recipe on the box,” Nicole said.

Step 2: Sit down and brainstorm on things that you and your family may enjoy, or what you think would be good to add.

Step 3: Add those ingredients to your basic recipe and let simmer for a couple of hours.

Step 4: ENJOY!

Note: Be sure to add a lot of love and an abundance of joy to your personal recipe.

Kathy Oliver Rae

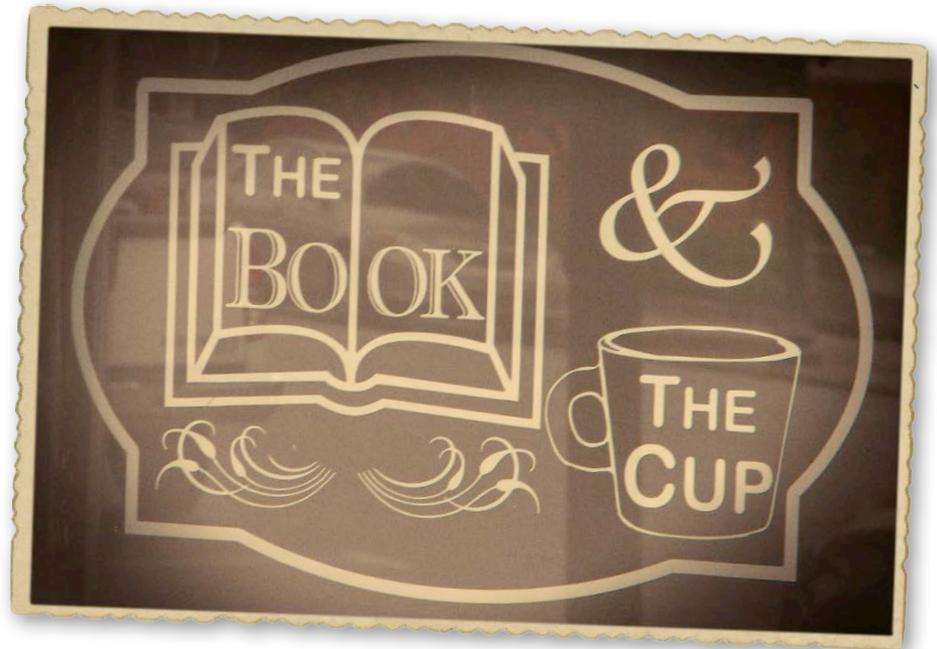
The Book & The Cup

Danielle Hill

Visiting downtown Plymouth brings back great memories of wonderful places to eat and commune with others. Unfortunately, success in small towns can be limited, and The Book and The Cup was no exception.

The Book and The Cup was established in June of 2000 by Kathy Oliver Rae. It became a place to read a book by your favorite author, buy gifts for loved ones, order Christian books/supplies, and enjoy the luxury of drinking multiple brands of coffees. Part of the enjoyment included a patio with a view of the Roanoke River.

When it opened, The Book and The Cup quickly became well-known for its different flavors of coffees, exotic cold and hot coffee drinks such as caramel macchiatos, frappes of all kinds, frozen mochas, hot



chocolates, espresso shots, and more.

Two years after opening The Book and The Cup, Kathy decided to expand the business and add a deli restaurant. The menu included deli-served hot and cold sandwiches and subs as well as side dishes and desserts. The types of subs included pulled barbecue, pulled chicken, and baked chicken, turkey, and ham served on a variety of breads. The sides consisted of potato salad, chicken salad, cole

slaw, and Watergate salad, and for dessert, one could get a slice of seven layer chocolate cake or lemon cake, Otis Spunkmeyer cookies, or scones.

According to Kathy, the deli's addition made lunchtime extremely busy. Eventually, customers were making inquiries about other types of foods that could be added to the menu. Some even brought family recipes to share as ideas. Customers also inquired about daily specials. After listening to

the inquiries, Kathy decided that change would be a good idea.

She expanded her menu in 2003 to include homemade soups and chili, but they were only served during the winter season. During the winter season, there was always a soup of the day special such as chicken tortellini, chicken and wild rice, vegetable beef soup, chicken noodle soup, and spinach soup. Over time, more additions were made to the menu on a more continuous basis. These addi-

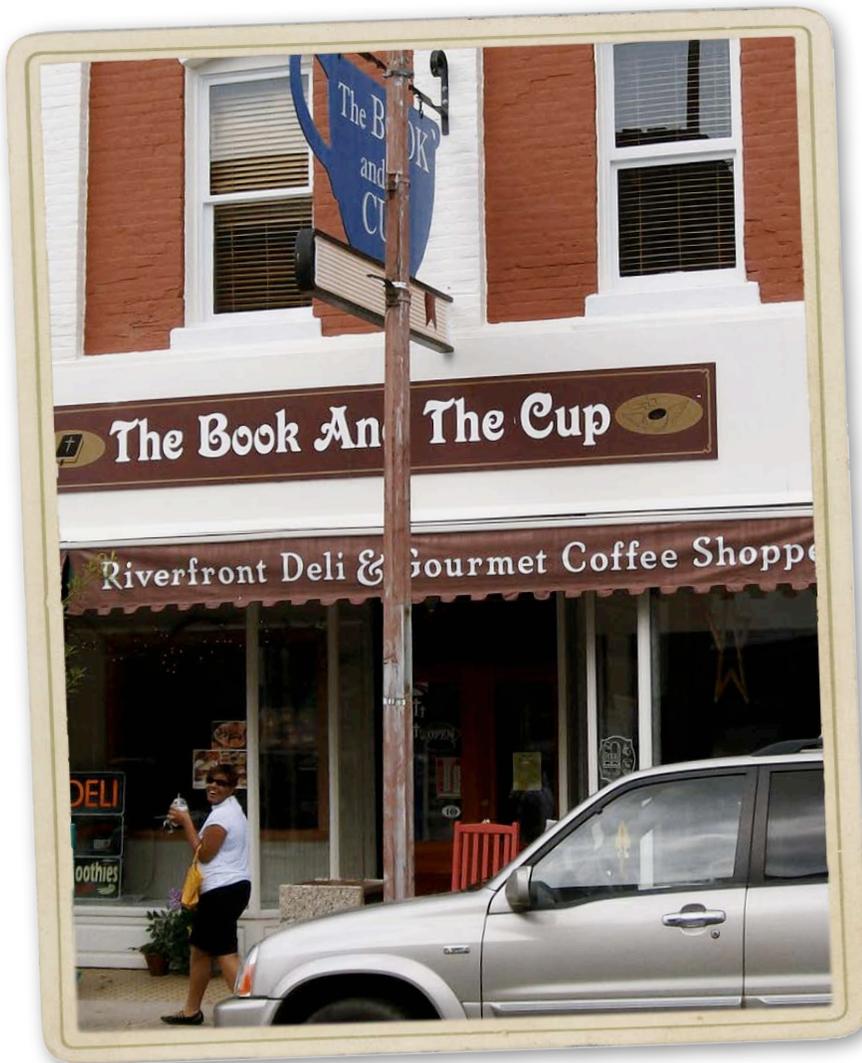
tions included collards, baked chicken, sweet potatoes, casseroles, coleslaw, shrimp and rice, and many more recipes. Many of the new additions were derived from the recipes shared by Kathy's customers.

In 2004, Kathy expanded the business to host special events such as weddings receptions, bridal showers, baby showers, anniversary parties, birthday parties, and Red Hat tea parties. She offered catering with a different menu than was ordinarily

Foods were often prepared according to recipes submitted from different customers.

offered from the deli. However, just like the meals available in the deli, foods were often prepared according to recipes submitted from different customers. Depending on the event that was being catered, the foods could vary quite a bit. Desserts for these events, on the other hand, were often catered by a cake specialist or a family friend.

News spread very quickly in the town of Plymouth and beyond, and soon people were coming from different counties just to have their event at The Book and The Cup. The pleasantly decorated deck complimented the view of the Roanoke River and was a favorite attraction. The décor of the reception area was dimly-lit for a romantic and peaceful experience which was complemented by light music playing in the back-



ground. It was a wonderful set up for romantic events such as wedding parties.

The location of the business, the downtown Plymouth waterfront, brought many tourists into The Book and The Cup. Tourists often visited to view Plymouth's many historical landmarks, and many made The Book and The Cup a mandatory stop. Kathy said tourists from all over the United States to Canada stopped in just to get a taste of the rich coffees and delicious foods she made available.

During special events, such as The Battle of Plymouth, festivals, boat races, and holiday parades, customers would come in and out all day, and the hours of the restaurant would be ex-

tended until sometimes seven at night. "This was exciting for business as well as an attraction for more tourists. During the cold events, such as the Christmas Parade, the coffees drinks would sell very quickly," Kathy explained. The children often choose to enjoy hot chocolates while the selection for adults ranged from mochas to espresso shots.

Sadly, as quickly as The Book and The Cup became more well-known, things began to decline. The restaurant's business began to slow down with the economy. Unfortunately, this caused Kathy to question whether or not to keep the restaurant open. As she struggled with the finances of the business, she re-

alized that she was also starting to pay for expenses out of her personal funds. She was even beginning to borrow money for debts.

As much as she desired to keep the business open, Kathy realized that there was no other option but to close the restaurant. The decision did not come easy, but in June 2010, The Book and The Cup was closed for business.

Restaurants, especially those in small towns, can come and go, but the memories can stick around for much longer. The Book and the Cup established a decade of memories in Plymouth, and the restaurant will live on in those memories for years to come.



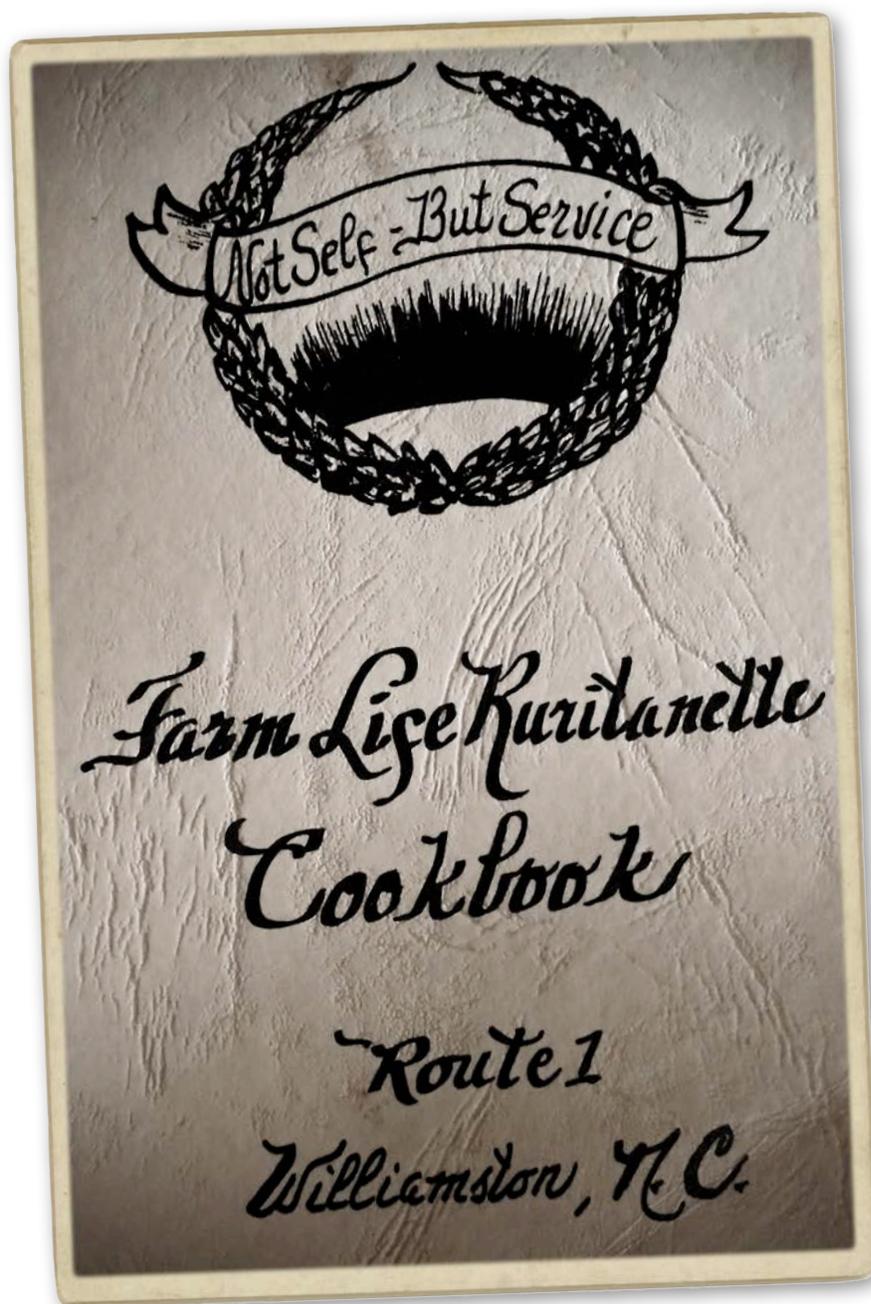
Lisa Beacham

Sausage Balls

Katie Long

When you think about a good southern breakfast, what comes to mind? Most people will say cheese biscuits, pancakes, grits, and bacon. However, when I think about a southern breakfast, I immediately think of sausage balls--my Aunt Lisa Beacham's sausage balls to be exact. Sausage balls are often a favorite treat at special occasions for many families.

My Aunt Lisa, a resident of Bear Grass, started making the dish when she was a young girl. "The tradition behind the making of sausage balls is when I was little, my sister and I would make them for special occasions with the help of my mother. Making sausage balls with my family when I was young is a memory I will always hold dear to my heart," she said. "I have carried this tradition on to my own family; I make them every



SAUSAGE BALLS

Linda M. Taylor, Laura S. Lilley

3 C. Bisquick
10 oz. sharp cheese, grated

1 lb. sausage

Cream Cheese

Mix together and make into small balls. Bake at 350° for 15 minutes and then 325° for 15 minutes longer.

Christmas now for breakfast.” My aunt’s sausage balls are the best ever. I have never had any that tasted so good, and when it gets close to Christmas, that is all I can think about. It is the best present I can get on Christmas.

Learning to cook comes naturally to some people. “It came very natural to me as well,” Aunt Lisa said. “When I was little, I used to sit in the kitchen and watch my mom. She did all the cooking when she was living.” Lisa was torn when she considered who influenced her the most when it came to the kitchen. She said, “I started practicing cooking with my older sister, but I would say it is a tie between my mom and sister who taught me. Cooking is one of my favorite things to do because of all the memories it brings back.” Learning how to cook is important in southern cultures because many people love a home cooked meal a couple times a week and that may be the highlight of their week.

Similar to my Aunt Lisa, I would say that my mom was the one who influenced me to cook; ever since I was little she would let me help her with whatever it was she was fixing, and that tradition is something I will one day share with my children.

Recipes are normally passed down through many family members, but her recipe is a combination of her mother’s and older sister’s—she took things from both to make her own recipe. “The most important thing I put in mine is the cream cheese. This is what makes them so moist and almost melt in your mouth,” my aunt explained. “When you are rolling your sausage balls up, you need to remember not to handle them too much, or this can make them dry, no matter how much cream cheese is in them.”

Coming together for a family meal is a big deal to my family and many other families in Eastern North Carolina. The biggest family gathering we have is

the most important one of the whole year: Christmas. My Aunt Lisa is the one who hosts the Christmas morning meal, and she is the one who does most of the cooking, especially the sausage balls. We love coming together to be under one roof and spend quality time with one another. That is what southern families are all about.

Her recipe is a combination of her mother's and older sister's—she took things from both to make her own recipe.

Eastern NC Barbecue & Pig Pickin's

Damien Williams & Jaamal Cofield

Barbecue is a humble foodstuff that has somehow attained the status of a Southern cultural icon. The Oxford English Dictionary traces the word “barbecue” back to Haiti, due in part to the French phrase *barbe a queue* which means “from head to tail.” Domesticated pigs are mostly used for their meat, pork. Many food products are made from pigs such as bacon, sausage, and chitlins. Pigs are raised outdoors in fields and yards; some may be turned loose to forage in the nearby forests. Lisa Dove, a columnist at the University of Virginia, said, “Barbecue is emblematic of all of these traits. Barbecue means recipes passed down through generations, the craftsmanship and skill of the ‘pit men’ who prepare the meat, a tradition of celebration regardless of race or class, and the cherished food ways of the South. In examining



barbecue, I am attempting to examine the best qualities of being Southern in America.”

The history of how Southerners came to love their swine was more out of necessity than choice. Pigs were low-maintenance. During the Civil War era, Southerners ate on average five pounds of pork for every one pound of beef. Plantation owners regularly held large festive barbecues, including pig pickin's for slaves. Pig slaugh-

tering became a celebration because not only was the family invited, but the neighborhood was as well. These gatherings were also an easy way for different classes to intermingle. Barbecue was not, and still is not, a class specific food. William Byrd, an author from Henrico County, Va., humorously remarked that, “...pork is the staple commodity of North Carolina and with pitch and tar makes up the whole of their

*The one thing we
can agree on in the
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slow cooked
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delicious.*



traffic. These people live so much upon swine's flesh that it don't only incline them to the yaws, and consequently to the loss of their noses, but makes those likewise extremely hog-gish in their temper, and many of them seem to grunt rather

than speak in their ordinary conversation."

There are several flavors of barbecue in North Carolina. Out west in the mountains, they make their barbecue sauce with a smoked flavor. In the Piedmont, hickory flavor dominates. The east coast is known for its sweet vinegar base flavor.

In Washington, NC, there is a restaurant called Boss Hog's Backyard Barbecue run by Charles Baker, who has been in business for over 14 years, serving delicious helpings of his distinct, sweet tasting barbecue. Baker said, "Pig pickin's has been a part of my life since childhood."

"To prepare a hog, it takes up to nine hours of intense labor," Baker explained, but he added to be careful because

grease dripping on hot coals may cause the hog to catch fire. Once the coals have simmered down and the temperature levels, it becomes a waiting game for about five to six hours.

"During this time, adding more food and having a few drinks passes time," Baker noted. Once the hog has been cooked to desired wellness, the sauces and seasonings are added by making a vertical cut down the spine of the hog. Turn to cook on each side for an hour a piece, and there you have it. Fresh Carolina barbecue.

Barbecue has a long standing tradition in Southern history, and although we may differ on political, civic, and personal issues, the one thing we can agree on in the South is that good slow cooked barbecue is delicious.



Life on the Pamlico is produced
as the final project of
HUM 120 Cultural Studies
at Beaufort County Community College:

This course introduces the distinctive features of a particular culture. Topics include art, history, music, literature, politics, philosophy, and religion. Upon completion, students should be able to appreciate the unique character of the study culture. This course has been approved to satisfy the Comprehensive Articulation Agreement general education core requirement in humanities/fine arts.

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Editor Suzanne Stotesbury and her students would like to extend a special thanks to the BCCC Writing Center. Throughout the semester, Writing Center tutors and staff provided valuable information and assistance to the students while they working on Life on the Pamlico. Through their guidance and assistance, our class was able to write the very best of its abilities. Thank you!



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