

## North Carolina Recipes

### Liver Mush

**Ingredients:**

Shortening  
1 cup grits  
4 cups cold water  
1 teaspoon salt  
¼-½ teaspoon ground black pepper  
2 pounds pork liver, sliced  
4 eggs  
Sage to taste  
Salt and ground black pepper to taste  
Ground cayenne pepper to taste

**Directions:**

Melt lard or shortening in a large, heavy skillet over medium heat. Season liver with salt and ground black pepper to taste. Sauté liver in shortening until cooked through. Remove liver from pan; drain and cool. Place cooked liver in food processor and finely grind.

In a large saucepan, bring 4 cups water to a rapid boil. Add salt, black pepper, and grits. Cook until grits mush is stiff. Add eggs, cayenne pepper, sage to taste, and ground cooked liver. Mix well. Place the mixture in a small, greased loaf pan. Bake at 350° F for 50-60 minutes.

# Hatteras Clam Chowder

## Ingredients:

1 large onion, chopped  
4 cloves garlic, minced  
1 celery heart, chopped, including leaves  
20 baby carrots, sliced thin  
1 medium potato, cubed  
4 tablespoons olive oil  
7 slices bacon, cooked and crumbled  
32 ounces vegetable broth  
2 (8-ounce) bottles of clam juice  
4 (6.5-ounce) cans chopped clams  
1 tablespoon oregano  
Freshly ground pepper



## Directions:

Heat olive oil in soup pot. Sauté garlic, onions, celery, and carrots until onions become clear. Add potatoes and stir in vegetable broth, clam juice, clams, and bacon. Add oregano and freshly ground pepper. Simmer for an hour until vegetables are soft.

## Southern-style Hush Puppies

### Ingredients:

$\frac{3}{4}$  cup flour  
1 cup self-rising corn meal  
1 large egg, lightly beaten  
1 small onion, finely minced  
1 pinch garlic powder  
1 pinch onion powder  
1 pinch Old Bay seasoning  
1 tablespoon sugar  
 $\frac{3}{4}$  to 1 cup buttermilk  
Canola oil for frying



### Directions:

In a large mixing bowl, combine flour and cornmeal. Add egg, onion, and spices. Add buttermilk and stir with fork until just blended. Mixture should be stiff. Add more buttermilk if necessary. Heat oil in deep fryer to 375° F. Drop dough by teaspoons into hot oil and fry until hush puppies rise to the top and are golden brown. Remove from fryer and drain on paper towel.

## Fried Apples

### Ingredients:

1 large granny smith apple  
4 tablespoons butter, chopped  
Juice of  $\frac{1}{2}$  lemon  
2 tablespoons white sugar  
2 tablespoons brown sugar  
1 teaspoon cinnamon



### Directions:

Peel, core, and cut apples into even slices. Melt butter in skillet over medium heat. Add apples and drizzle them with lemon juice. Let apples simmer until most of butter is absorbed and apples are tender. Stir together sugars and sprinkle them over apples. Toss to combine. Let apples cook until sugars are completely dissolved and syrupy. Remove from heat and sprinkle apples with cinnamon and toss.

# Cheerwine Cherry Cobbler

## Ingredients:

### Filling:

1 to 2 pounds fresh cherries, pits and stems removed  
2 (12-ounce) bottles, regular Cheerwine soda  
½ teaspoon cocoa  
½ teaspoon almond extract

### Topping:

1 cup self-rising flour  
½ cup brown sugar  
½ cup granulated sugar  
1 egg, slightly beaten  
1 tablespoon cornstarch  
½ stick unsalted butter, melted



### Directions:

Put the cherries in a medium-sized saucepan and place over medium heat on the stove. Pour in the 2 bottles of Cheerwine. Let the cola reduce until you have just a little more than a cup of liquid in the cherries. Add the cocoa and stir.

Bring cherries and Cheerwine to a low boil and continue at this low boil for about 30 to 45 minutes, stirring every 10 minutes to keep it from sticking and burning in the pot.

While the cherries are cooking, place one level cup of self-rising flour in a sifter. Add the cornstarch. Sift the ingredients into a large mixing bowl. After sifting, add the brown sugar. Add the granulated sugar. Whisk the dry ingredients together well.

Make a small well in the center of the flour. Add one whole egg into the well. Use a fork to slightly beat the egg. Stir the egg into the flour a little at a time until you've incorporated it all together. You'll end up with crumbly dough. Place some flour on your hands and use your fingers to break up any large lumps of dough.

When the Cherry mixture has reduced to about one cup of liquid on the stove, remove the saucepan from the heat. Add the almond extract and give it a good stir.

Pour the cherries and Cheerwine mixture into a buttered 2-quart baking dish. Drop the portions of the topping all around the top of the cherry mixture.

Melt the butter in a microwave about 10 seconds at a time. Drizzle the butter all over the topping. Place the dish in pre-heated oven.

Bake until the topping part is done. Test by inserting a toothpick into the thicker dough sections. If it pulls out clean, other than juice, then the cobbler should be fully baked. Remove it from the oven and place on a towel or wire rack to cool.

Let the cobbler cool for about 10 minutes prior to serving.

## **Crock Pot North Carolina BBQ Pulled Chicken Sandwiches**

### **Ingredients:**

½ cup apple cider vinegar  
2 tablespoons brown sugar  
1 ½ teaspoons kosher salt  
1 ½ teaspoons hot sauce, such as Frank's Red Hot  
⅛ teaspoon black pepper  
1 ½ pounds boneless, skinless chicken breast  
Sandwich buns  
Coleslaw (optional)



### **Directions:**

Combine vinegar, brown sugar, salt, hot sauce, and black pepper in a slow cooker. Add chicken. Cook on low for 6-8 hours or on high for 4-5 hours.

Just before serving, shred chicken with two forks and stir into sauce to incorporate. Serve on buns with coleslaw on top or as an accompaniment on the side.