

South Carolina Recipes

Frogmore Stew

Ingredients:

4 quarts cold water
¼ cup Old Bay seasoning
1 tablespoon kosher salt, plus more, to taste
4 celery stalks, cut into 1" pieces
1 yellow onion, diced
1 garlic head, halved crosswise
2½ pounds small red potatoes
4 ears of corn, shucked, each cut into 4 pieces
2 pounds smoked sausage, cut into 1½" slices
2 pounds medium shrimp, deveined, in the shell



Directions:

In a large stockpot over medium-high heat, combine the water, Old Bay seasoning, 1 tablespoon salt, celery, onion, garlic, and potatoes and bring to a boil.

Reduce the heat to medium-low and simmer until the potatoes are tender, 10 to 20 minutes. Add the corn and sausage to the pot and simmer until the corn is tender, 4 to 5 minutes. Add the shrimp and simmer until opaque, 3 to 4 minutes. Serve immediately.

Peach Cobbler

Ingredients:

½ cup butter
2 cups sugar, divided
4 cups peaches, fresh or frozen and thawed
1 tablespoon lemon juice
1 cup flour
1 tablespoon baking powder
¼ teaspoon salt
1 cup milk
Ground cinnamon



Directions:

Preheat oven to 375° F. In oven, melt butter in 11" x 13" baking dish. Remove from oven when melted. Mix flour, 1 cup sugar, baking powder, and salt in a small bowl. Add milk and mix until just blended. Pour batter into baking dish on top of butter. Do not stir.

Bring peaches, remaining 1 cup of sugar, and lemon juice to a boil in a medium saucepan. Pour peaches over batter. Do not stir. Sprinkle with cinnamon. Bake for 35 - 45 minutes, until the top of the cobbler is golden brown. Serve with ice cream if desired.

Pimento Cheese

Ingredients:

1 cup extra sharp cheddar, shredded
8 ounces cream cheese, room temperature
½ cup mayonnaise
½ teaspoon garlic powder
¼ teaspoon paprika
½ teaspoon onion powder
½ teaspoon dried mustard
4 ounces diced pimentos, drained and dried



Directions:

Combine the cream cheese, mayonnaise, garlic powder, paprika, onion powder, and dried mustard until well-blended. Add shredded cheese and mix. Lastly, pour in the diced pimentos. Serve with crackers or spread on sandwich bread.

Boiled Peanuts**Ingredients:**

4 to 5 pounds green peanuts in shell*
4 to 6 quarts water
1 cup plain salt per gallon of water



*Farm fresh harvested peanuts are called green peanuts. The peanuts must not be roasted or already cooked or dried.

Directions:

Wash unshelled peanuts in cold water until water runs clear. Soak in cool, clean water for approximately 30 minutes. In large heavy pot, add peanuts with enough water to cover by 2" or more. Add 1 cup salt per gallon of water used. Other spices or seasonings may be added, if desired.

Bring water to a boil and reduce heat. Simmer, covered, for approximately 4 hours, stirring occasionally. Add more water as needed to keep the peanuts covered.

Keep cooking and tasting until the peanuts reach desired texture. To check whether they are done, pull 1 or 2 peanuts out of the pot and crack them open. When they are soft, they are done. Peanuts may be eaten hot, or at room temperature, or chilled in the refrigerator and eaten cold.

Hoppin' John

Ingredients:

⅓ pound bacon
1 celery stalk, diced
1 small yellow onion, diced
1 small green pepper, diced
2 garlic cloves, minced
½ pound dried black-eyed peas
1 bay leaf
1 teaspoon dried thyme
1 teaspoon Cajun seasoning
Salt
1 cup long grain rice
Scallions or green onions for garnish



Directions:

Cut bacon into small pieces and cook slowly in a medium pot over medium-low heat. Once the bacon is crispy, increase the heat to medium-high and add the celery, onion, and green pepper. Sauté until they begin to brown. Add the garlic, stir well, and cook for another 1-2 minutes.

Add the black-eyed peas, bay leaf, thyme and Cajun seasoning and cover with 4 cups of water. Cook for 30-60 minutes, until the peas are tender. While the black-eyed peas are cooking, cook the rice separately, according to package instructions.

When the peas are tender, strain out the remaining cooking water. Remove and discard the bay leaf.

Serve the black-eyed peas over steamed rice, or by mixing the two together in a large bowl. Garnish with chopped green onion.