

# Mayors Take The Heat—In And Out Of The Kitchen

BY MARJORIE MEGIVERN

It's not a qualification for office, but many elected officials are pretty proficient cooks. Perhaps it's therapy for the trials of public service or proof that they can take the heat with kitchen duty. At any rate, the *Beacon* has discovered some culinary skills, and great recipes, among the mayors of several Brunswick County towns.

Gay Atkins, Holden Beach mayor, although a fulltime real estate broker, enjoys entertaining guests, and one of her favorite dishes is oven-barbecued shrimp. Despite the array of herbs listed among her ingredients, Atkins said, "This doesn't really need to have anything but garlic-lemon pepper-butter-celery-Worcestershire sauce, to be good. Just open the cabinet and be creative!" That's easy for her to say!

## OVEN BARBECUED SHRIMP

- 3 lbs. jumbo shrimp, unpeeled
- 3 sticks butter
- ½ cup Worcestershire sauce
- ½ tsp. paprika
- 1 tsp. rosemary
- ½ tsp. oregano
- 1 tsp. salt
- ½ tsp. cayenne pepper
- 4 cloves garlic, crushed, or
- 2 tsp. garlic powder
- 3 tsp. garlic salt
- 1 tsp. thyme
- ½ tsp. celery salt
- 1½-2 Tbsp. black pepper
- 3 lemons
- 5 sticks celery cut in large

Tabasco sauce sprinkled on shrimp pieces

1 loaf French bread

Place single layer of shrimp in a large pan. Squeeze lemon juice over shrimp. Melt butter, add remaining ingredients except black pepper and pour over shrimp. Grind pepper over shrimp. Cover and marinate four to 24 hours in the refrigerator, turning shrimp occasionally. If in a rush, you needn't marinate.

Bake shrimp at 350 degrees in marinade, uncovered, for 30 minutes or until pink. Add whole, squeezed lemons just before shrimp are done. Turn while baking. Serve in a large bowl with marinade. Cut or pull French bread into serving pieces to be dipped into marinade and eaten along with shrimp. Yields 4-6 servings.

Calabash Mayor George Anderson said he enjoys cooking and when contacted, he reported he was in the midst of preparing his favorite pot roast for a church dinner.

His recipes are reminiscent of old-time good cooks like Grandma, whose portions were "a little," "a pinch," and "some."

Anderson declared, "I just do plain cooking." Only one ingredient in this prize recipe is changed when he takes it to church. We leave it to savvy readers to discover this interesting option.

## POT ROAST a la ANDERSON

Brown a 3-to-4-pound eye round roast in skillet. Add a half-can of beer, a little water, salt, pepper and flour. Then cover and simmer on



MAYOR MASON BARBER of Sunset Beach whips up something tasty in his kitchen.

top of the stove with low heat about three hours, adding a few carrots and bay leaves.

When Sarah Tripp finds time from her job with Southern National Bank and the Shallotte mayor's office, she often whips up her family's favorite, Five-Flavor Pound

Cake.

"I have an aunt who gets one every time she comes to visit," Tripp said, "and she takes it home with her and doesn't share it with anyone." The mayor added, "I love to cook, and even like cleaning up, but I won't plan meals."

## FIVE-FLAVOR POUND CAKE

- 2 sticks margarine
  - ¼ cup shortening
  - 3 cups sugar
  - 5 eggs, well beaten
  - 3 cups flour
  - ½ tsp. baking powder
  - 1 cup milk
  - 1 tsp. each coconut, rum, almond, lemon and vanilla flavorings
- Cream margarine, oil and sugar until fluffy. Add well-beaten eggs, combine flour and baking powder and add to mixture. Alternate milk and flavoring. Bake in tube pan 325 degrees for 1½ hours.

## Five-Flavor Glaze

- 1 cup sugar
  - ½ cup water
  - ½ tsp. of each of five flavorings listed above.
- Bring to boil and stir until sugar is melted. Pour over cake in pan while cake is still hot. Let cake sit in pan until cool.

In this South Brunswick seafood heaven, everyone appreciates a new way to cook fish. Mason Barber, now serving his seventh year as mayor of Sunset Beach, has his own special way with fish fillets. "I'm not much of a fisherman," he

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