

How North Carolina Coastal Experts Prepare Delicious Fish

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CP&L Home Economist

These are recipes for fish and seafood caught along the North Carolina coast. This is the way some of the housewives prepare and prefer their seafood. Since all the women who graciously consented to give us their recipes are excellent and experienced cooks, not a one of them follows a written recipe for preparing these dishes. At first it was hard for them to convert "a pinch" and "just enough but not too much" into teaspoons and tablespoons for those of us who have to follow a recipe, since they can judge at a glance what is just the right amount. But you'll find these recipes are easy to follow.

They consist of only the procedure and ingredients that each cook uses in preparing the dish for her family. We asked her to tell us exactly what SHE did, and the recipes are written just the way they were given to us. Jack Oakley, salesman for Carolina Power and Light in the Morehead City area, was most cooperative in helping collect them.

CLAM CHOWDER
Mrs. Alvah Hamilton
Morehead City
Fry ¼ lb. fat pork; remove and add 2 large onions, diced. Chop 1 qt. of clams; dice 2 large potatoes

and 2 stalks of celery. Add potatoes and celery to onions with 1 qt. of water.

When the potatoes and onions are done, add the chopped clams. Cook 10 to 15 minutes, then add 1 T. flour to thicken before serving.

CLAM CHOWDER
Mrs. Guy Sabiston, Morehead City
Remove black parts from from one quart of clams; chop clams fine. Fry ¼ lb. fat pork; remove pork and add clams. Add to clams 6 cups water and boil from 35 to 40 minutes.

Dice 8 medium sized potatoes and 3 medium sized onions. Add potatoes, onions, and ½ lb. canned tomatoes. Simmer for 2 hours. Serves 4.

(If you have a deep well cooker on your electric range, it's just the thing to use for clam chowder).

SOFT CRABS
Mrs. K. P. B. Bonner
Morehead City
Salt, pepper and flour crabs. Heat frying pan on high and let grease begin to smoke just before adding crabs. Turn heat to medium high when crabs are added and fry until brown.

SOFT CRABS
Mrs. Georgie Davis, Marshallberg
Cover 8 crabs with water; add 4 t. salt. Bring the water to a boil; remove crabs and dip in 1 beaten egg. Roll the crabs in cracker

meal, then fry in deep fat until brown.

(Mrs. Davis ran a hotel at Marshallberg several years ago, where she did all the cooking herself. Seafood was served often, and her guests still talk about Mrs. Davis' delicious meals).

DEVILED CRABS
Mrs. K. P. B. Bonner
Morehead City

Mix together:
1 lb. crab meat
1 c. cracker crumbs
1 T. mustard
1 T. tobacco sauce
2 raw eggs
½ cup mayonnaise
Salt and pepper to taste.
Replace crab meat mixture in crab shells. Place a pat of butter on each one. Preheat oven to 350 degrees F. Bake 15 to 21 minutes, or until brown. Before serving place a lemon slice on each crab.

DEVILED CRABS
Mrs. Ray Cummins, Beaufort
Add to 1 lb. crab meat:
2 c. bread crumbs
2 T. Worcestershire sauce
1 T. prepared mustard
Tabasco sauce to taste
1 c. mayonnaise or salad dressing
Mix together well (with hands) and form into cakes or place in shells. Sprinkle with paprika. Broil in oven 'til brown or about 5 minutes.

BAKED FLOUNDER
Mrs. Guy Sabiston, Morehead City
Score 2½ to 3 lbs. flounder 1

STEWED HARD CRABS
Mrs. Guy Sabiston, Morehead City

Wash and clean 12 crabs; add salt to each crab. Place crabs in heavy aluminum pot (2 qt.) and sprinkle with pepper. Pour drippings from ¼ lb. fat pork over crabs. Add 2 cups water; cover and let boil for 30 minutes. Mix in a cup: 2½ T. flour with enough water to make a thin paste. Pour over crabs. Cover and boil another 30 minutes. Serves 4.

STEWED SHRIMP
Mrs. James Whitehurst, Beaufort

Fry 3 slices salt pork; remove pork and add 1½ cups water. Add 1½ lbs. peeled shrimp. When shrimp boil, add dumplings and pastry.

Pastry:
1 cup flour
Pinch of soda, pinch of salt
Stir in enough water to make mixture stick together.

Drop pastry into stew in teaspoonfuls.
Dumplings:
1 cup corn meal
Pinch of salt
Add enough water to hold the mixture together and form in balls about the size of biscuits. After pastry and dumplings have been added to the stew, boil 25 minutes.

BAKED FLOUNDER
Mrs. Guy Sabiston, Morehead City
Score 2½ to 3 lbs. flounder 1

inch apart. Sprinkle the bottom of a 8 x 12 x 2-inch pan with salt. Sprinkle flounder with salt.

Boil 6 medium-sized potatoes, sliced, until done. (Save the water they are boiled in). Place the potatoes around the flounder in salted pan. Salt potatoes; thinly slice 3 medium-sized onions over potatoes. Cover potatoes and fish with tomato catsup.

Four water in which potatoes were boiled over potatoes, only partially covering the potatoes. Lay 8 strips of bacon over the flounder. Bake 45 minutes in oven preheated to 350 degrees F.

BAKED FLOUNDER
Mrs. Alvah Hamilton
Morehead City

Score flounder to backbone on either side ¼ inch apart. Season with salt and pepper on both sides. Grease pan with bacon fat; lay flounder in pan. Squeeze 1 lemon over flounder.

Sift 2 T. flour over flounder, thinly coating. Slice ¼ lb. fatback and lay across whole flounder. Cover with 2 sliced potatoes and 2 sliced onions. Bake 45 minutes in oven preheated to 450 degrees F. Mrs. Hamilton serves the flounder in the pyrex baking dish in which it was baked.

STEWED FLOUNDER
Mrs. O. W. Lewis, Otway

Melt 2 T. Crisco in an iron frying pan. Lay flounder in the pan and cover with water. After water boils, turn heat to medium. Add 1 large onion, chopped, and 1 tsp. salt. Continue to boil 45 minutes, after corn dumplings have been added.

Corn dumplings:
1 cup corn meal. Add enough water to make mixture stick together and form into dumplings.

MULLETS
Mrs. Alvah Hamilton
Morehead City

Corn and season mullets in 1 tsp. salt 1½ hours. Dry in air, or if not completely dry, pat with absorbent paper. Pan broil in as little grease as possible 'til brown. Season to taste.

SCALLOPS
Mrs. Guy Sabiston, Morehead City

Salt and pepper 1 pt. of scallops; roll and cover in cracker meal. Place 3 T. Crisco or Wesson oil in an iron frying pan. Add scallops to hot shortening and brown on all sides.

Remove the scallops from the frying pan and add enough water to the stock to make a gravy. Replace scallops in the gravy and cover. Simmer 8 minutes.

OYSTER FRITTERS
Mrs. K. P. B. Bonner
Morehead City
1 pt. oysters

1 egg, beaten
½ cup flour
Salt and pepper

Form patties of 2 T. each and fry in hot fat 'til brown on both sides. Makes about 24 patties.

OYSTER LOAF
Mrs. Ray Cummins, Beaufort

1 pt. oysters
1 cup bread crumbs
1 egg
Salt and pepper
2 T. grated onion
Shape into loaf in greased casserole dish. Bake in preheated oven 450 degrees F. for 30 minutes.

TERRAPIN SOUP
Mrs. George Davis, Marshallberg
4 small terrapins

¼ tsp. pepper
2 tsp. salt
1 qt. water
½ cup butter

Boil terrapins 20 minutes or until tender. Add 3 hard cooked eggs, mashed fine. Mix 1 T. cornstarch with soup to thicken after water has boiled. Serves 4.

BAKED TROUT
Mrs. O. W. Lewis, Otway

Salt fish; cover and let stand 1 hour. Wash fish and let dry. Place in broiler pan; dot with butter. Bake at 375 degrees F. 'til brown, or about 30 minutes.

CONCH STEW
Mrs. Guy Sabiston, Morehead City
This is the recipe for the famous

conch stew that Mrs. Eddie Copeland used to make. Mrs. Guy Sabiston, her daughter, gave it to us and told us her mother taught her to make it when she was a girl.

Split 6 conchs; lay on a board and beat with a blunt instrument or hammer. Fry ¼ lb. fat pork and put drippings in a heavy aluminum pot. Add conchs; cover with water and cook 2½ hours.

Eight minutes before the 2½ hours are up add salt and pepper to taste and corn meal dumplings. To make corn meal dumplings, use 2 cups corn meal, 1 tsp. salt, and enough water to hold the mixture together. Make thin corn cakes. Serves 4.

New England Fishermen Find Better Boats Are Built at Tar Heel Shipyard

Maynard Meekins Handles Seafood At Stumpy Point

Since its beginning, the only industry of Stumpy Point, a small fishing village on Pamlico Sound, has been production of seafood. And from the tiny Dare County village in 1917, 14-year-old Maynard Meekins went forth to earn his living like his forebears, by taking food from the sea.

His father was a pound-net fisherman, and caught oysters and crabs as well.

Today, Maynard Meekins owns and operates the Engelhard firm, Maynard Meekins—North Carolina Seafood.

Virtually Isolated
Stumpy Point was virtually isolated until 1928, its only connections with the rest of the world being a daily mail boat from Manteo and a boat from Elizabeth City which carried passengers and freight.

The latter vessel, owned by the Globe Fish Co. in Elizabeth City, 60 miles away, took the fish caught by Stumpy Point fishermen to market and brought in ice to preserve the catch until it reached market. After 1930, when a hard-surface road brought closer contact with marketing areas, most of the fish produced by the village fishermen was hauled out by truck.

Mr. Meekins fished until 1931, when he went into wholesaling. He did much of his own trucking, obtaining ice from Elizabeth City. During his wholesale operations in Stumpy Point, Mr. Meekins recalls, he sometimes handled as many as 1,200 boxes of fish a day, 10 for every one which he now handles.

Moves to Engelhard
In 1943, when his two sons reached high school age, Mr. Meekins moved his business to Engelhard, 25 miles from Stumpy Point, and there, in 1945, built the fish house which his firm presently occupies.

His three trawlers usually operate at Engelhard, but during the summer he also has part interest in a plant in Morehead City, Raper and Meekins, at the north end of 5th Street.

During the winter his boats engage in deep-sea trawling. Last winter two of them operated from Key West during the shrimping season.

Two of his boats, the 40-foot Salter Brothers and the 50-foot Davis Brothers, were built at Harkers Island. These vessels are captained respectively by Lloyd Meekins, the owner's son, and by Henry Lee Roper of Engelhard.

A third trawler, the 70-foot Lillie, named for Mr. Meekins' wife, the former Miss Lillie Wise of Stumpy Point, was built in Morehead City in 1953. Another son, Gordon Meekins, captains this craft.

Mr. Meekins jets no barnacles grow on his feet. He's a hard worker, pleasant and agreeable. He knows boats from stem to stern, supervised construction on his own boats and even lent a hand now and then.

A competent fisherman from all aspects, Mr. Meekins, on occasion, will take a shrimp boat out himself, proving that he is justly proud and ever worthy of his Stumpy Point heritage.

The U. S. weather station at Cape Hatteras was equipped this year with radar storm-plotting equipment.



Here are two 68-foot Hatteras trawlers which made their trial runs together. These are the types of boats which brought fame to Morehead Shipbuilding. The "Mary K." on the left is owned by J. A. Jones of New Bern while the "Edith M. II" was purchased by Morehead City's own Ottis Purifoy.

Fishing boats for the Gloucester fleet are now being built in Morehead City.

The owners came all the way to North Carolina to place their orders because they found that the Morehead City Shipbuilding Corp., and the craftsmen in that vicinity, had just the design, the skill and the know-how to build boats for the rough waters of the North Atlantic.

But the New Englanders were by no means the only ones who recently went to Morehead to buy their boats and trawlers—the latter usually called "draggers" by Yankee fishermen. In the past year the Morehead City shipyards have sold fishing boats to Floridians and Georgians as well as to New Englanders. Moreover, the Navy has purchased eighteen 50-foot utility boats from the concern.

Hatteras Trawler purchasers include some of the biggest fleets operating in Gulf of Mexico, South Atlantic and North Atlantic waters as well as individuals who own and operate one or two boats.

Fame Widespread
In other words the fame of the Hatteras Trawler, and its sister-ship, the Downeast Beam Trawler, has spread north and south for more than a thousand miles. The quality product of this local growing plant is better appreciated day

by day and season by season in North Carolina too.

Though this boat building business is not new, its recent growth has had the effect of a brand new, progressive industry locating in Morehead City.

At this very moment the company has in hand orders for more than a score of seagoing craft. The smallest of these will be 50 feet long while the largest—actually on order—are the 68-foot Hatteras Trawlers. But the yard is ready to construct even larger boats and prospective owners have shown considerable interest.

There is no doubt but that the Morehead City Shipbuilding Corp. will be one of the busiest places in Morehead for quite a while to come.

Name is New
The name of the company is just over a year old. Actually the work boats used to be built by a division of the Morehead City Yacht Basin, Inc. But R. C. Kirchofer, president and principal stockholder of the corporation, decided that there was something wrong about a hard-bitten, old salt water fisherman coming to a yacht basin to buy his work boat. So the name was changed and now the yacht basin is a division of the shipbuilding corporation, rather than the other way around.

"We got tired of having the tail wag the dog," Mr. Kirchofer says.

The Morehead company maintains a sales representative in New York, and Johnny Naf, who makes his home at Morehead City, spends a great deal of his time in Florida and other southern states where the Hatteras Trawler has made such an unparalleled record during the last two seasons.

But the thing which pleases the company most—especially Superintendent Cicero S. Hardison and Design Engineer James J. Mitchell, is the way North Carolina fishermen are accepting and acclaiming the boat of which they are so proud.

"It is nice to hear them brag about our boat down around the Gulf of Mexico," said Mr. Hardison, "but it sounds even better to hear praise from the fishermen who were born on North Carolina waters. Because of the way our boats perform, and stand up, that praise is just what we are getting today."

In the early 1880's the oyster industry had not developed to any extent in the north Pamlico Sound area. Oystermen were accustomed to taking their oysters up the rivers and creeks and trading them with the farmers—a bushel of oysters for a bushel of corn.



Gov. Luther H. Hodges (the man wearing the cap) was a recent visitor to the huge trawler shed of the Morehead City Shipbuilding Corp. It is under this shed that the construction begins. Six of the new famous fishing craft can be constructed under this shed at the same time. R. C. Kirchofer, president of the corporation, second from right, is explaining the operation to Governor Hodges.

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