



## BEACH COUNTRY LANDSCAPING

Lawn and Condo Maintenance  
Planting and Design • Top Soil • Marl  
Lot Clearing • Sodding  
BioGuard Chemicals & Pool Maintenance  
Hwy. 179 Cornerstone Plaza, Ocean Isle  
Office 579-5290, Home 754-5085, Joe Cox/Owner

## Nice 'N' Pretty

RESORT INTERIORS

### Wicker Imports

And The Finest  
Quality Furniture  
And Accessories Will  
Fill Your Home or  
Cottage With Style.



Come Visit Our Beautiful New Store On  
Hwy. 133 E. Long Beach Rd., Southport  
475-6444 • Open Mon-Sat. 10-5:30



©1992 THE BRUNSWICK BEACON

## Soups And Stews Take Away Evening Chills

Most of us associate steaming bowls of soup with wintry days, but they also help chase away the chill of early spring evenings along the coast.

Seafood soups and stews offer a variety of delicious meals. Simple or elegant, they provide pleasant, satisfying eating for the family or for gatherings of friends.

Most can be served with a good, crusty bread or cornbread and a beverage, or perhaps a salad.

Joyce Taylor, editor of *Mariner's Menu* for the University of North Carolina Sea Grant College Program, says we usually think of seafood as healthful, and in soups, all nutrients are reserved in the liquid.

Seafood stews and soups can be especially attractive, sometimes calling for clams in the shell, crabs, or shrimp with their tails still on.

Taylor recommends use of lean, white firm fish. Delicate, fatter fish will break apart. Grouper and catfish are ideal, while medium firm fish such as black sea bass, snapper, flounder or spotted sea trout are equally good. Substitute freely. Shop for whatever fish is in season, rather than a particular species.

In all cases, handle carefully and avoid overcooking. It causes dryness

and toughness.

We've offered a mix of soups and stews that reflect the "mix" of our coastal area—standards from along the Carolina coast and an import or two.

Bacon is important in making *Pine Bark Stew*, a dish which dates back at least to Revolutionary War times. Cooks are said to have used the small tender roots of the pine tree for flavoring.

Garlic, olive oil, freshly ground black pepper and a dry white wine are key in a hearty *Italian Fish Stew* featuring fish and cherrystone clams.

And *Down East Clam Chowder* follows a recipe common along the Outer Banks, yielding pure clam flavor—and made without milk or cream.

All three can be made ahead and reheated at the end of busy day.

You may want to try a recipe first as given, then modify it to your own taste next time. Use your favorite seasonings.

The classic soups and stews featured below rated a 4.5 or better on a 5.0 scale in taste-testing by the UNC Sea Grant Seafood Lab. Enjoy these and to start your own subscription to the excellent bimonthly *Mariner's Menu*, contact the UNC Sea Grant College Program, Box 8605, N.C.

State University, Raleigh, NC 27695.

### Pine Bark Stew

1½ lbs. skinless trout (or other) fillets  
6 strips of bacon (Don't omit!)  
1 C. chopped onion  
1½ C. diced potatoes  
1 qt. boiling water  
2 t. salt  
½ t. thyme leaves  
½ t. marjoram leaves  
2-inch piece dried red pepper  
1 can tomatoes, drained and coarsely chopped

In a large saucepan or skillet, fry bacon over low heat until lightly browned. Remove bacon, reserve and crumble. Drain off all but 3 tablespoons bacon fat. Stir in onions and saute lightly. Add potatoes, water, salt, thyme, marjoram and pepper. Simmer until potatoes are partly done, about 10 minutes. Add fillets and simmer 10 minutes. Add tomatoes and cook for 5 to 10 minutes more, until fish flakes easily and potatoes are tender. Remove pepper pod. Place soup in bowls and sprinkle with crumbled bacon. Serves 6 to 8.

### Italian Fish Stew

1 lb. each of two species of firm fish, skinless and cut into 2-inch pieces

5 dozen cherrystone clams, in shells  
½ C. olive oil  
1 C. thinly sliced onions  
½ t. pressed garlic  
¼ C. sliced celery  
¼ C. diced carrot  
2 T. coarsely chopped fresh parsley

1 8-ounce can tomato sauce  
½ t. sugar  
¼ t. salt  
¼ t. basil leaves  
½ C. dry white wine

Heat olive oil in large skillet over medium heat. Add onion, garlic, celery, carrot and parsley and saute lightly. Add tomato sauce, sugar, salt, pepper and basil.

Place fish on top of vegetables. Lightly season fish with salt and pepper; cover pan and simmer for 5 minutes. Add clams, hinge side down. Cover and simmer 10 minutes. Pour wine over fish and blend with sauce. Turn heat up and cook, basting occasionally, until fish is done, about 5 to 10 minutes. Serves 8.

### Down East Clam Chowder

1 qt. coarsely chopped clams  
¼ lb. salt pork, sliced  
1 quart water  
½ C. chopped onion  
1 t. salt  
¼ t. freshly ground black pepper  
4 C. diced potatoes  
1 C. mashed potatoes for thickening (optional)

In large saucepan, fry pork over medium heat until crisp. Remove pork and discard. Add clams, water, onion, salt and pepper. Bring to boil. Reduce heat and cook slowly until clams are tender, about 1½ hours. Add potatoes and onion, and cook until potatoes are done, about 20 minutes. Add mashed potatoes, if you like, and simmer until thickened, about 5 minutes. Serves 8 to 10.

Even Our Competition  
Looks Up To Us.



CENTURY 21® Coldwell Banker RE/MAX ERA Prudential Better Homes and Gardens

22% 4% 2% 2% 1% 1%

Before you pick a real estate agent to sell your home, take a look at who other homeowners picked as Number One.

In a 1991 independent survey, homeowners nationwide were asked, "Now, thinking about real estate sales organizations, which one would you say can do the most to help someone like you sell a home?" The CENTURY 21® system came in heads and shoulders above the competition. In fact, it was preferred nearly 6 to 1 over the next closest real estate sales organization.

JUST TELL US WHAT YOU WANT...  
IT'S AS GOOD AS DONE.™

NUMBER ONE SERVICES:  
• Home & Lots • Property Management  
• Commercial • Annual & Seasonal Rentals

**Century 21**  
CAROLINA SHORES  
REALTY, INC.  
10187 Beach Dr. S.W.  
Calabash, NC 28467  
(919) 579-3685

\*Source: 1991 National Survey of Homeowners. This survey included 1500 telephone interviews with a random sample of homeowners from throughout the USA and was conducted during January 5-9, 1991 by The Wetmore Group, a leading survey research organization. The results from this survey have a 95% confidence interval of +/- 2.5%. Survey results have been rounded to the nearest whole number. © 1991 Century 21 Real Estate Corporation as a licensee for the NAF® and™ trademarks of Century 21 Real Estate Corporation. Equal Housing Opportunity. EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED.

## It Can't Get Any Better...

Affordable Living  
From \$59,900.™



THE CAMELIA

### DID YOU KNOW?

- Charles Vereen has been a quality, custom home builder since 1964.
- Charles Vereen has been involved in over 100 projects (over \$84 million total) and has built hundreds of custom home along the coastal area.
- Charles Vereen has an on-staff architect with CAD computer design services.
- Charles Vereen Homes has copyrighted house plans available for your review.
- Charles Vereen has 5.5% ARM financing.
- Charles Vereen is the immediate past president of the North Myrtle Beach Chapter of the Horry/Georgetown Home Builders Association.

**CHARLES VEREEN  
HOMES, INC.**



10187 Beach Dr., S.W. ■ Calabash, NC 28467  
(919) 579-7363 ■ FAX: (919) 579-7497

**QUALITY CUSTOM-BUILT HOMES**