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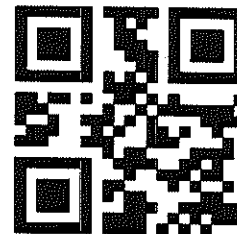
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Peach Jacks from Nancy Washington Sparks

Filling:

1 6-ounce package of dried peaches*
1 1/2 - 2 cups water (If water cooks out before peaches are soft, just add more water)
1 cup sugar

Dough:

2 cups all-purpose flour
1 teaspoon salt
1/2 cup shortening
1/2 cup milk
Extra flour for dusting cutting board and rolling pin.

For Frying:

1/2 - 1 cup lard for frying (or Corn oil)

Make filling the day before you cook jacks. Simmer peaches and water in a small saucepan for 45 minutes to an hour until peaches are soft. Be careful, they tend to stick. Add water if needed.

Add the sugar and cook 15 minutes more, stirring often. Remove from heat and refrigerate overnight. You will have 2 1/2 cups peaches.

Stir together the flour and salt. Using two forks cut in the shortening. Add milk and stir. Separate into 8 to 10 portions. Using the extra flour and a rolling pin, roll each dough piece into a 6" round. Roll dough as thin as you can without tearing dough.

Put 2 Tablespoons cooked peaches in the center of the rolled dough. Fold the edges over to make a half circle. Crimp edges with a fork.

Melt lard in a medium-size frying pan. Grease should be quite hot before you fry jacks. Fry jacks until they are golden in color. Turn and brown the other side. Remove from heat and drain on paper towels. Continue until all jacks are cooked.

The sweet, tangy taste of Peach Jacks is a treat. They are good cold but, oh, so good when they are hot. Yum!

Use dried fruit . . . in the south we used dried peaches, apples or cherries. Fresh fruit just doesn't have the zing!

Yield: 6-8 jacks



For information on accommodations or dining in northeastern North Carolina's Martin County, use our mobile website:

www.vmco.us

Chicken (or fish) Muddle from Dot Rogerson

from the Farm Life Ruritanette Cookbook

2 to 3 lb. chicken, cooked and chopped
Salt and pepper to taste

4 eggs, boiled and chopped
Soda crackers (lots of 'em)

Cook chicken until tender; bone and chop. Boil eggs; peel and chop. Season with salt and pepper to taste. Return to chicken broth and add enough crackers to thicken. Note: any stewing fish may be substituted.

This is a traditional southern dish and is often used as a fund-raiser by churches and other organizations.



Corn Fritters from Ella S. Griffin

from the Farm Life Ruritanette Cookbook

2 cans sweet corn (not cream style)
3/4 tsp. salt
1/8 tsp. pepper
1 egg, beaten

2 T. melted fat
1/2 cup milk
2 cups flour
1 tsp. baking powder

Combine ingredients and mix well. Drop mixture by spoonfulls into shortening heated to 400 degrees and fry 4 to 5 minutes, or until golden brown, turning frequently.



Funnel Cakes

from Nancy Manning & the Farm Life Ruritanette Cookbook

2 1/2 cups self-rising flour
1/4 cup sugar
1 1/3 cup milk

2 eggs, slightly beaten
Vegetable oil
Sifted powdered sugar

Combine ingredients in bowl, mixing until smooth. Use vegetable oil about 1/4" to 1/2" deep in skillet, heated to 375 degrees. Pour batter into a funnel (cover tip until over pan). Move funnel in a slow circular motion over pan. Fry until brown on each side. Drain. Sprinkle generously with the powdered sugar

Note: You will find funnel cakes at almost all street events in the Carolinas. If you haven't seen them before, they look like a sweet very large pretzel.

Marinated Vegetables

from Betsy Hardison Conway

1 can French-style green beans	Small can green peas
Shoe peg corn	1 jar pimento
4 stalks celery	1 medium bell pepper
1/2 cup apple cider vinegar	1 cup sugar
1/4 cup vegetable oil	1/2 tsp. salt
1 Tbs. water	

Drain juice from each of the canned veggies and dice the pimento, celery and bell pepper into small pieces, set aside. To make the marinade, combine the vinegar, sugar oil, water and salt in a sauce pan and bring to a boil for about 2 to 3 minutes. Allow it to cool and pour over vegetables. Prepare 24 hours ahead for best flavor. Refrigerate before serving. Keeps 10 days when refrigerated.



Pasta Salad

from Lois Ward & the "Heavenly Helpings Cookbook" of Macedonia Christian Church
(no longer in print)

1 cup grape tomatoes	16 oz. twisted noodles, plain or colored
1 cup cumber cubes	1 diced bell pepper
1 tsp. Worcestershire sauce	1 large bottle zesty Italian dressing
1 cup sugar	1/2 cup apple cider vinegar

Combine Worcestershire sauce, zesty Italian dressing, sugar and vinegar and stir until blended well. Cook noodles until firm, not mushy. Run cool water over noodles until cool. Drain ingredients well. Mix everything together and refrigerate overnight. Serve chilled. For variation, add French beans, garden peas, pimento or corn.



Quick & Tasty Seafood Sauce

from Barney Conway

1/2 cup ketchup	1/2 tsp. chopped horseradish
1/4 tsp. lemon or lime juice	

Combine ingredients and chill. Adjust the amount of horseradish for desired amount of "heat."

Fabulous Fried Chicken

from Fannie Holliday & the "Heavenly Helpings Cookbook" of Macedonia Christian Church
(no longer in print)

1 fryer, cut into 8 pieces	1/2 tsp. black pepper
1 lemon, halved	about 1/2 cup all-purpose flour
1 tsp. salt	1 1/2 cups peanut oil for frying

Rub the chicken pieces all over with lemon juice; season with salt and pepper. Let rest for about 30 minutes. Pat the chicken dry with paper towel. Put the pieces in a paper bag. Add the flour and shake, shake, shake to evenly coat chicken. In a large cast-iron skillet, heat the oil over high heat until hot but not smoking. Add the chicken, skin side down. Cover and fry for 10 minutes. Turn and fry, covered, for 10 minutes on the other side. Uncover, reduce heat to moderate. Turn chicken and fry again on the skin side until golden brown, about 6 minutes. Place chicken on towel to dry. Never crowd chicken in pan.



Poppy Seed Cake

from Nita Gurkin & the "Heavenly Helping Cookbook" of Macedonia Christian Church
(no longer in print)

1 box butter pecan cake mix	1/2 cup vegetable oil
1 box Royal toasted coconut pudding, instant	1 cup hot water
4 eggs	1/4 cup poppy seeds

Combine ingredients, mixing well and pour batter into a Bundt cake pan. Bake at 325 degrees for 45 minutes.



Russian Dressing

from Chloe Gurkin (Sr.) & Doris P. Britton
"Heavenly Helping Cookbook" of Macedonia Christian Church
(no longer in print)

1 can tomato soup	1 T. mustard
1/2 cup vegetable oil	1/4 tsp. pepper
1/3 cup apple cider vinegar	1 cup sugar

Mix mustard and oil with soup. Add remaining ingredients. Mix in blender 2 minutes or regular mixer for 4 minutes.

Hash Brown Casserole

from Brenda Gurkin Brown and the "Seasoned With Love" Cookbook from the Genesis Circle of the Reddicks Grove Baptist Church

1 bag shredded country style hash brown potatoes, thawed 1/4 tsp. salt
1 small onion, finely chopped 1/4 tsp. pepper
1 melted stick butter or margarine 1 can cream of mushroom soup
1 cup shredded sharp cheddar cheese

Preheat oven to 250 degrees. Spray 13" x 9" baking dish with vegetable spray; set aside. In a very large mixing bowl, add hash brown potatoes. Using hands, break apart potatoes until all are separated. Add remain ingredients and mix (by hand) until well blended. Spread into baking dish and bake 45 minutes to 1 hour or until lightly browned.



Rock Fish Stew—Gardner's Creek

Provided by Chloe Gurkin Tuttle of Big Mill Bed and Breakfast

Years ago, Carolyn Roberson at Roberson's Marina on Gardner's Creek gave me this recipe. She told me that you can make it with most any fish you have, even shrimp or crabmeat. In eastern North Carolina, we eat what we catch. Carolyn also added a layer of corn meal dumplings to her stew.

1 quart water - 3 bunches green onions tops and bottoms, chopped (reserve 1 cup tops)
2 large sweet onions, peeled and sliced - 4 hot red peppers about an inch in length, crushed (like Thai hot) - 1 pound bacon, fried & crumbled, reserve drippings; set bacon aside
1/2 pound skinned fat back, cut into cubes and fried, reserve drippings - 5 baking potatoes, peeled and diced - 5 cups rock fish, cut into bite-size pieces (approximately 3 pounds)
10 boiled eggs, peeled and diced - Salt and Pepper to taste

Put water, chopped green onions, sliced onions, red peppers, bacon drippings, fatback and drippings in a large stew pot. Cook uncovered over medium heat until onions dissolve, about 30 minutes.

Add potatoes to the pot. Layer the fish on top of potatoes. Do not stir. Carolyn put a layer of corn meal dumplings on top of the potatoes.

For Dumpling Recipe see <http://chloesblog.bigmill.com/>

Cook until potatoes are tender and fish is flaky, about 20-30 minutes. You might want to shake the pot, but do not stir.

When pot contents are done, remove from heat. Combine boiled eggs, bacon, reserved green onion tops, salt and pepper. Pour evenly over contents of pot. Let stand, covered, for 30 minutes. When serving, gently spoon out in sections because the stew will be in layers.

The amount of water to add to the pot is a matter of judgment. Make sure the water does not boil out because the stew will burn. Also, gently shake the pot from time to time to make sure it is not sticking. But do not stir!

Barbecue Sauce (Eastern Carolina Style)

from Hope Wynne and the "Seasoned With Love" Cookbook from the Genesis Circle of the Reddicks Grove Baptist Church

1 gal. apple cider vinegar 1/3 oz. black pepper
1 cup salt 1 cup dark Karo syrup
1 1/2 oz. crushed red pepper 3 oz. Texas Pete

Bring all ingredients to a boil and simmer for at least 20 minutes.



Note: There are as many recipes for barbecue sauce as there are people in eastern Carolina.

There is one consistent fact about eastern North Carolina sauce... it is a light sauce as compared to the sauce in other areas. The primary ingredients in our sauce are apple cider vinegar, crushed red peppers and salt. Some people add different amounts of ketchup, sugar or Karo syrup (either dark or light) and a few other items such as the Texas Pete. But to make the sauce really tasty, the ingredients need to blend well. Don't be afraid to let it sit for a couple of days before using it. The vinegar is a preservative... it won't spoil.



Salsa - Mexican style with a kick

from Director of Tourism, Barney Conway

1 - 28 oz. can of diced tomatoes 1/2 cup (loose) fresh cilantro
1/4 large onion 1/8th cup jalapeno slices
1 tsp. sugar 1/4 tsp. lemon or lime juice

Note: use the diced and not the petite diced tomatoes.

Pour half of the tomatoes in a food processor, add the onion, lightly chopped, and the remaining ingredients. Turn on the processor and let it get the mixture down to a relatively soupy consistency. Add the remaining tomatoes and pulse the processor a couple of times. Do a taste test on a chip and see if you need more "heat" of the jalapenos. The reason for the sugar is that it delays the jalapeno "heat" for a few seconds. When it's in your mouth. If you need more heat, add some of the juice from the jalapeno jar.

The complete "Seasoned With Love Cookbook" from the Genesis Circle of the Reddicks Grove Baptist Church can be ordered for \$7.00 + \$3.00 S&H from:

Genesis Circle—Barbara Williams

1388 Bell Town Road - Williamston, NC 27892

Okra, Corn & Tomatoes from the farm at Big Mill B&B

- 4 Tablespoons butter
- 1 large sweet onion or 2 small onions, peeled and chopped
- 6 large ripe tomatoes (or a 28-ounce cans whole, peeled tomatoes - (canned tomatoes are fine)
- 2 cups fresh, tender okra (about a double hand full)
- 3-4 ears of fresh, mature corn
- 1 teaspoon salt
- Pepper, if desired
- ½ cup water or more

Melt butter in a large saucepan. Cook chopped onion for a few minutes until transparent, not browned.

While the onions are cooking, blanch the tomatoes for half a minute. Drain and cool tomatoes. Peel, remove the cores and cut into chunks, making sure that you save the juice. If using canned tomatoes, cut the tomatoes into large pieces, saving the juice.

Wash the okra. Cut stem ends off and cut into ½ inch round pieces.

Shuck corn and cut corn off the cob. Older or mature corn works best for this recipe.

In a large saucepan stir together the onions, tomatoes and juice, okra, corn, salt, pepper and water. Cook covered over medium to low heat for an one hour or until the ingredients are all done. Serve with homemade cornbread. Yield: 7-8 servings.



Honey Roasted Pecan Recipe from Big Mill B&B

- 3 cups shelled pecans
- 3 Tablespoons honey
- 1/2 teaspoon salt plus extra for sprinkling

Preheat oven to 250 degrees. Spray a heavy, rimmed cookie sheet with cooking oil spray. Place pecans on cookie sheet in a single layer.

Bake pecans for 7 minutes. Remove from oven and put nuts in a medium sized mixing bowl. Add 3 Tablespoons honey and stir to coat pecans. Add 1/2 teaspoon salt and stir again.

Spray cookie sheet again and put nuts on the sheet in single layer. Bake at 220-250 for 1 1/2 to 2 hours, stirring one time.

Remove from oven and sprinkle with a wee bit of salt. Separate any nuts that have clumped. Cool and store in air tight container. Nuts will keep fresh for at least a week.

Yield: 3 cups

Cracklin Corn Bread from Mae L. Roberson

from the Farm Life Ruritanette Cookbook

- | | |
|-------------------------|--------------------|
| 2 cups pork cracklins | ½ tsp. baking soda |
| 2 cups plain corn meal | 1 T. sugar |
| 1 cup self rising flour | 1 egg |
| 1 T. salt | 1 cup milk |

Combine and mix all dry ingredients, including cracklins. Add milk and egg and mix well. Pour into a well-greased 2-quart baking pan and bake at 400 degrees for about 35 minutes or until golden brown on top. Cut in squares and serve hot. Yield: 10 servings



Apple Butter from Elizabeth E. Barber

from the Farm Life Ruritanette Cookbook

- | | |
|--------------------------------|------------------------|
| 1 Gal. unsweetened apple cider | 2 tsp. ground cinnamon |
| 3 qts. finely chopped apples | 2 tsp. ground ginger |
| 2 cups granulated sugar | 1 tsp. ground cloves |

Boil cider until reduced to 2 quarts (approximately 1 1/2 hours). Add apples and boil until soft and coming apart. Stir in remaining ingredients and cook 1 to 2 hours on low heat, depending upon desired thickness. Pour in jars and seal. Makes about 6 pints.



Banana Pudding

from Fern Hardison of the Farm Life Ruritanette Cookbook

- | | |
|----------------|-----------------------|
| 2 lbs. bananas | 3 eggs, separated |
| 3/4 cup sugar | 1 tsp. vanilla |
| 3 T. flour | 3 additional T. sugar |
| 2 cups milk | 1 box vanilla wafers |

For the custard, combine 3/4 cup sugar and flour and add milk, a little at a time. Add egg yolks, one at a time. Cook until thick in double boiler and add vanilla. Line Pyrex dish with vanilla wafers, cover with bananas, then pour part of custard over it. Repeat the layers.

Top with meringue made of stiffly-beaten egg whites and the three tablespoons of sugar.

Brown in 325 degree oven for 8 to 10 minutes.

The complete Farm Life Ruritanette Cookbook (over 200 pages) may be ordered

from: Susan Griffin 1020 Nathan Roberson Rd.—Williamston, NC 27892

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