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2016  
**Carolina  
Country  
Kitchen**

*Recipes compiled  
by Jenny Lloyd*

**Carolina**  
country



Published in 2016 by North Carolina's  
Electric Cooperatives for members of  
the state's electric cooperatives.

When we're out and about talking with Carolina Country fans, we often hear, "I love those recipes! When are you going to publish another cookbook?" Well, here it is.

Some recipes stem from Carolina Country readers and members of North Carolina's electric cooperatives, and some came from statewide publications like ours that serve electric cooperatives in other states. All recipes here have been tested in one way or another.

You can also see all of these recipes on our website: [carolinacountry.com](http://carolinacountry.com).

"Carolina Kitchen" is one of the most popular sections of the magazine. If you have a favorite recipe to share, send it to us on the website, post it to our Facebook page, or email me at [jenny.lloyd@carolinacountry.com](mailto:jenny.lloyd@carolinacountry.com).

We published this book as a gift for the cooperative members we meet when we attend their annual meetings. If you would like to order additional copies, see the inside back cover. Thanks for your support.

## ***Happy cooking!***

*Jenny Lloyd*  
*Recipes Editor*  
*Carolina Country*

**TOP  
20**

Look for this symbol next to our most popular, tried-and-true recipes, based on ratings from [carolinacountry.com](http://carolinacountry.com).

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# *Appetizers, Bread*

## **Carolina Caviar**

*Paula Harris, EnergyUnited*

TOP  
**20**

- 1 can yellow corn
- 1 can hominy
- 1 can black-eyed peas
- 6–7 scallions, chopped (white and green parts)
- 1 medium can (14.75-ounce) sweet corn
- 1 large tomato, chopped
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- 1 can black beans
- Zesty Italian dressing

Rinse all canned items. Mix all ingredients in bowl and cover with zesty Italian dressing. Serve with tortilla chips.

## **Guacamole Dip**

*Ginny Fountain, Raleigh*

TOP  
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- 2 ripe avocados (Haas are the best—dark, rough skin)
- 2 small tomatoes, chopped
- 1–2 green onions, chopped
- $\frac{1}{2}$  teaspoon lemon juice
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- 1 hard-boiled egg, chopped
- 1 teaspoon mayonnaise
- $\frac{1}{4}$  teaspoon cayenne pepper
- $\frac{1}{4}$  teaspoon chili powder
- $\frac{1}{2}$  teaspoon Worcestershire sauce
- Red pepper flakes or Tabasco (optional)

Remove pulp from the avocados and mash. Mix thoroughly with other ingredients. The flavor improves if allowed to sit in refrigerator for an hour. Serve with tortilla chips or raw veggies.

## Pull Apart Onion Bread

Megan Wiggins, Wilmington

TOP  
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- 1 loaf white artisan bread, round
- 1 stick butter, melted
- $\frac{3}{4}$  cup finely chopped green onion
- $\frac{1}{2}$  teaspoon salt
- 1 tablespoon dried parsley
- Bacon bits (optional)
- 2 blocks (8 ounces each) of sharp white cheddar cheese, sliced into  $\frac{1}{4}$  inch pieces. Depending on the size of the loaf, you may not need 2 blocks, unless you like it very cheesy.

Preheat oven to 350 degrees.

With a sharp bread knife, slice through the bread without going all the way to the bottom. Continue making these slices 1 inch apart through the whole loaf, turn and make same slices all the way around the bread. (This will be cut like a blooming onion sliced.)

Slice cheese in small strips and place between each opening. Mix the melted butter, salt, parsley and chopped green onion (and optional bacon bits). Pour this mixture over the loaf, making sure to get it between the openings.

Wrap the loaf tightly with tinfoil and bake on baking sheet for 20 minutes. Open the foil around the loaf and continue baking for 10–15 minutes until the top is a little crispy. Remove from oven and serve immediately.

**Flavor variations:** Use Italian bread (or bread of your choice) and slice as noted. Cut up 1 cup pepperoni into fourths. Use mozzarella cheese, sliced or shredded. Melt 1 stick of butter with 1 teaspoon Italian seasonings. Assemble the same way, adding the pepperoni and cheese in between the openings and pour butter mixture into all cracks. Cook as indicated.

## ***Pimento Cheese Dip***

TOP  
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*Betty Lail, New London*

- 1 bag (16-ounce) shredded sharp cheddar cheese
- 1 can (10-ounce) Ro-Tel Diced Original Tomatoes and Green Chilies, drained
- ½ cup mayonnaise
- ½ cup sour cream
- Tabasco, to taste

Mix all ingredients and blend well. Chill for several hours before serving with crackers of your choice.

## ***Nina's Cheese Dip***

*Bob Beadle, Wake Forest*

- 2 packages (8-ounces each) whipped cream cheese
- 1 can (8½-ounce) crushed pineapple (thoroughly drained)
- 1 cup chopped pecans
- 1 tablespoon finely chopped onion
- 1 teaspoon Lawry's seasoning salt

Combine ingredients. Chill overnight and serve.

***Soups, Salads,  
Sandwiches***

## **Brunswick Stew**

*Debby Wiggins, Wrightsville Beach*

TOP  
20

- |  |  |
|--|--|
| 1½ pounds chuck roast                          | 1 can (10.75 ounces) tomato puree                                  |
| ½ pound small pork loin                        | ⅔ cup ketchup  |
| 2 whole chicken breasts                        | 3 tablespoons Worcestershire sauce                                 |
| 5 pounds potatoes, skinned and cubed           | 3 tablespoons vinegar  |
| ½ large onion, chopped                         | 2 tablespoons hot sauce, or more                                   |
| 1 jug (46-ounce) tomato juice                  | 3 tablespoons sugar  |
| 2 large cans (28 ounces each) crushed tomatoes | 3 teaspoons salt, or more to taste                                 |
| 2 bags (14 ounces each) frozen butterbeans     | 2½ teaspoons pepper, or more                                       |
| 2 bags (14 ounces each) frozen corn            | 2 tablespoons crushed red pepper                                   |
| 1½ sticks butter                               | 1 can (6-ounce) tomato paste                                       |
|  | 2 quarts of water, or more to thin the soup out if it is too thick |

### **The day before**

Cook the chicken and beef together in a crockpot on low. Cook the pork in a crockpot also (does not take as long to cook as beef and chicken). Cook until meats are done, and when the chicken comes off the bones. Remove chicken skins and bones, then shred all the meat. Cook the potatoes separately in water.

### **The day of**

Put all other ingredients, along with the meats, in a large heavy duty pot and cook on low for about 4 hours. Stir often to keep it from sticking.

## Spinach and Tortellini Soup

Warren Kessler, Raleigh

- 1 can condensed cheddar cheese soup
- 1 cup milk
- 1 can diced tomatoes with basil, garlic and oregano
- 2 cups chicken or vegetable broth
- 4 ounces cheese tortellini, prepared
- 2 ounces fresh spinach, stems removed and chopped
- $\frac{1}{4}$  teaspoon red pepper flakes
- $\frac{1}{4}$  teaspoon garlic powder

Prepare tortellini as directed on package.

Heat condensed soup and milk in a large saucepan over medium heat, stirring occasionally until soup is dissolved, about 5 minutes. Add diced tomatoes, chicken broth, tortellini, spinach, red pepper and garlic. Continue to cook over medium heat until spinach has cooked down, about 10 minutes.

## ***Hot Chili***

*John Lemire, Raleigh*

- $\frac{2}{3}$  pound package hamburger, 80/20
- 1 can (16-ounce) diced tomatoes (no salt added)
- 1 can (16-ounce) diced tomatoes with chili seasoning
- 2 cans (16-ounce) light kidney beans
- 2 cans (16-ounce) dark kidney beans
- 2 packages slow cooker chili seasoning
- Crushed red pepper flakes, to taste
- $1\frac{1}{2}$  ounces Texas Pete Hotter Hot Sauce
- Franks Red Hot Sauce (depending on taste)
- 1 standard size crockpot

Cook the hamburger on a grill to remove any excess grease and blot with napkin after cooking. Chop the hamburger to a consistency that you would like and set aside. Add the diced tomatoes and kidney beans (with liquid) and packages of chili seasoning to the crockpot and mix. Next, add the hamburger and crushed red pepper and mix well. Pour the Franks Red Hot Sauce on top but do not mix; place in the refrigerator and leave overnight. Four hours prior to serving, remove from the refrigerator; pour the Texas Pete ( $1\frac{1}{2}$  ounces) on top, stir, and cook in the crockpot on high.

## ***Baked Potato Soup***

*Jenny Lloyd, Louisburg*

- 8 strips bacon, cooked and crumbled
- ¼ cup onion, minced
- ¼ cup celery, minced
- ⅓ cup flour
- 3 cups chicken stock
- 2 medium potatoes, cubed
- 1 teaspoon basil, fresh
- ½ teaspoon white pepper
- 1 cup heavy cream
- 1 cup sour cream
- Fresh parsley, chopped
- Fresh chives, chopped
- Cheddar cheese, grated

Cook bacon slowly over medium-low heat until crisp. Set the bacon aside. Add onion and celery to fat in pan and saute until tender. Add flour and chicken stock; mix well until all flour is dissolved. Continue to stir and bring to a boil. Reduce heat to a simmer. Add potatoes and let soup simmer until potatoes are tender.

Add heavy cream, sour cream, basil and white pepper; simmer for about 10 minutes until soup is hot again.

Combine chopped parsley, crumbled bacon, chives and cheese. Garnish each portion of soup with the parsley/bacon/chives/cheese mixture.

## ***Ham Delights***

*Ann Ware of Concord, a member of Blue Ridge EMC*

TOP  
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- 1 stick melted margarine
- 3 tablespoons poppy seeds
- 1½ tablespoons Worcestershire sauce
- 3 tablespoons mustard
- 1 medium onion, chopped fine or 2 tablespoons minced dry onion
- 2 packages party rolls
- 2 packages sliced ham, deli style
- 2 packages sliced Swiss cheese

Combine margarine, poppy seeds, Worcestershire sauce, mustard and onion. Wisk until mixed thoroughly. Split rolls lengthwise. Spread about two-thirds of the mixture on bottom halves of the rolls; then place ham slices and cheese slices on top of this. Replace tops of rolls and spread remaining mixture on the tops. Cover with foil; heat at 400 degrees for about 10 minutes or until cheese is melted.

# Layered Lettuce Salad

TOP  
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*Charlotte Bartholomew, Newport*

- 1 head of lettuce, broken into small pieces
- 3 hard-boiled eggs, sliced
- 2 cans (10-ounce) garden peas
- ½ cup diced green pepper
- ½ cup diced onion
- 10 slices bacon, cooked and crumbled
- 2 cups mayonnaise
- 2 tablespoons sugar
- 8 ounces cheddar cheese, grated

In a clear bowl or trifle dish, layer first 6 ingredients in order shown. Combine mayonnaise and sugar and spread evenly over top of salad. Sprinkle with cheese.

Cover and refrigerate 8 to 12 hours.

## ***Quinoa Salad With Mint, Almonds and Cranberries***

*Marlinda Dowdy of Pittsboro, a member of Central EMC*

**TOP  
20**

- |                                     |                           |
|-------------------------------------|---------------------------|
| 2 cups chicken broth                | ½ cup sliced carrots      |
| 1 cup quinoa (look near the rice)   | ½ cup sliced celery       |
| 3 tablespoons olive oil             | 1 scallion, thinly sliced |
| ½ cup coarsely-chopped mint leaves  | 18 grape tomatoes, halved |
| ½ cup coarsely chopped kale         | 1 lemon, juiced           |
| ½ cup dry roasted almonds, unsalted | ½ tsp lemon zest          |
| ½ cup dried cranberries             |                           |

In a saucepan, bring chicken broth to a boil over high heat. Add quinoa, reduce heat to medium-low, cover and simmer until quinoa is tender and liquid is absorbed; about 13 minutes. Stir in olive oil and let cool.

Stir in mint leaves, kale, almonds, dried cranberries, carrots, celery, scallion, grape tomatoes, lemon juice and lemon zest. Season to taste with salt and pepper.

# *Side Dishes*

## ***Best Mac & Cheese***

*Shaun Pierce, Raleigh*

Cooking spray

Elbow macaroni (8 ounces), cooked\*

- 1 can (12-ounce) evaporated milk
- 1½ cups whole milk
- ¼ cup (½ stick) of butter, melted
- 1 teaspoon salt
- Dash of pepper
- 2 large eggs, beaten
- 2 cups of shredded sharp cheese
- 2 cups of shredded medium sharp cheese
- Sliced cheddar cheese
- Dash of paprika

In a large 4-quart slow cooker sprayed with cooking spray, mix the macaroni, evaporated milk, milk, butter, salt, pepper, eggs and shredded cheese. Place sliced cheese over the top of the mixture, then sprinkle with paprika. Cover and cook on low heat for 3 hours and 15 minutes.

*\*If you use a 16-ounce box of macaroni, double the ingredients*

## ***Loaded Baked Potato Casserole***

*Nancy Ballard, Zebulon*

- 3 pounds potatoes, peeled, cubed and boiled
- 1 container (16-ounce) sour cream
- ½ cup butter, melted
- 1 package (8-ounce) shredded sharp cheddar cheese
- 5 slices bacon, crisply cooked and crumbled

Mash together potatoes, sour cream and butter. Stir in cheese and bacon. Spoon mixture into lightly greased 9-by-13-inch baking dish. Top with additional cheese if desired. Bake at 350 degrees for 20 minutes or until thoroughly heated and cheese is melted.

## ***Jalapeño Cranberry Sauce***

*Ginny Fountain, Raleigh*

- ½ cup white vinegar
- ½ cup water
- 1½ cups sugar
- 3–4 chopped jalapeño peppers (fresh), seeds removed
- 12 ounces fresh cranberries

Boil vinegar, water, sugar and jalapeños for 5 minutes. Add the cranberries. Boil 5 minutes more (it will gel when it cools).

## ***Low Country Vegetable Pie***

*Brantley Averkamp of Cornelius, a member of EnergyUnited*

TOP  
**20**

- 3–4 yellow squash, sliced
- 2 zucchini squash, sliced
- 1 large Vidalia onion, sliced
- 2 cans (14.5-ounce) diced tomatoes, drained
- 2 cups mozzarella cheese
- 1 cup Parmesan cheese
- 1 cup light mayonnaise

Put sliced vegetables in casserole dish and sprinkle lightly with salt. Mix cheeses with mayonnaise and dollop on top of vegetables. Spread to cover vegetables. Bake at 350 degrees for 40–50 minutes. Drain juices from casserole and serve.

## Maw's Macaroni Casserole

Audrey Greene of Deep Gap, a member of Blue Ridge EMC

TOP  
20

- 1 package (8-ounce) elbow macaroni
- 1 can cream of mushroom soup, undiluted
- 1 small onion, chopped fine
- 3 cups broccoli, chopped (optional)
- 2 cups cheddar cheese, shredded
- 1 jar (2-ounce) pimentos, chopped and drained
- 1 cup mayonnaise
- 3 tablespoons butter, melted
- 1 cup crackers, crushed
- Paprika

Cook macaroni according to package directions. Drain and combine with mushroom soup, onion, broccoli, cheese, pimento and mayonnaise, mixing well. Place combined ingredients in a greased 13-by-9-inch baking dish.

Combine butter and crumbs, mixing well; distribute evenly over mixture in dish and sprinkle lightly with paprika. Bake at 350 degrees for 30 minutes.

## **Green Bean Sour Cream Casserole**

*Linda Van De Zande, Raleigh*

- 2 tablespoons butter
- 1 teaspoon salt
- 2 tablespoons flour
- Dash of pepper
- 1 heaping teaspoon sugar
- 1 teaspoon grated onion
- 1 cup sour cream
- 4 cups whole string beans (canned or cooked), well-drained
- ½ pound grated Swiss cheese
- 2 cups crushed fine cornflakes
- 2 tablespoons melted butter (optional)

Cook first 6 ingredients over low to medium heat in large pan. When this is smooth and bubbly, add the sour cream (must be fresh or it will curdle) and stir until mixed. Stir in Swiss cheese; once melted, fold in well-drained string beans. Transfer to casserole dish.

Sprinkle top with cornflakes. Pour melted butter on top. Bake at 350 degrees for 45 minutes.

## ***Baked Beans***

*Jenny Lloyd, Louisburg*

- ½ pound hamburger, cooked, crumbled and drained
- 1 can (31-ounce) pork 'n beans
- 1 medium onion, chopped fine
- ½ green pepper, chopped fine
- 4 slices bacon
- ½ cup Bone Suckin' sauce

Preheat oven to 350 degrees. Mix all ingredients together and place bacon slices on top of mixture. Bake for 40 to 60 minutes.

## ***Bow-Tie Pasta Salad***

*Bob Beadle, Wake Forest*

- 1 box (12-ounce) bow-tie pasta
- 2 cups broccoli florets
- 2 small carrots, thinly sliced
- 1 can (14-ounce) artichoke hearts, drained and quartered
- 2 cups grape tomatoes
- ¼ teaspoon dried oregano
- ¼ teaspoon dried basil
- 1 package Good Seasons Italian dressing mix

Prepare Good Seasons dressing according to package directions. Cook pasta in 3 quarts boiling water for 12 minutes. Add broccoli and carrots, cook 1 minute, drain. Rinse with cold water to stop the cooking process, drain. Move pasta to serving bowl, stir in artichokes and next 3 ingredients.

Add approximately ½ of the dressing, tossing to coat. Cover and chill 2 hours. Season with additional dressing just prior to serving, if desired. Serves 4 as a main dish, 8 as a side dish.

# *Main Dishes*

## **Cheese Crust Pizza**

*Michael E.C. Gery, Manteo*

### **Crust**

- 6 ounces mozzarella cheese, shredded
- 2 ounces cheddar cheese, shredded
- 2 eggs
- Pinch garlic powder
- Pinch basil

### **Pizza**

- Pizza sauce in jar or tube
- 4–6 ounces mozzarella cheese, shredded
- A couple pinches garlic powder
- A couple pinches basil (or shredded fresh basil)
- Toppings of your choice

Preheat oven to 350 degrees. Line a cookie sheet with parchment paper or nonstick foil. In a small bowl, mix the crust ingredients well. Dump the crust mixture into the pan and use plastic wrap on your hand and fingers to spread in an even, thin layer.

Place pan in center rack of an oven and bake at 350 degrees for 20 minutes, until edges are golden brown. Remove the pan.

For the pizza, choose whatever toppings you want: green pepper, onion, fresh mushrooms, spinach, black olives, crumbled sausage, ground beef, pepperoni, etc.

Sauté meats and vegetables lightly. Spread a thin layer of pizza sauce over the crust and top with about two-thirds of the cheese. Arrange the toppings, garlic and basil over the cheese as desired. Sprinkle the remaining mozzarella cheese over the toppings to help hold them on.

Keep the oven rack in the center position. Turn on the broiler. Broil the pizza until the cheese is melted and bubbly, about 4–5 minutes. Serves 4.

## ***Beef Stroganoff***

*Shaun Pierce, Raleigh*

- 2 pounds sirloin steak
- $\frac{1}{4}$  cup butter
- 1 can (6-ounce) mushrooms (or a well drained 8-ounce can)
- 2 cans beef broth
- $\frac{1}{3}$  cup diced onions
- $\frac{1}{3}$  cup flour
- 16 ounces sour cream
- $1\frac{1}{2}$  teaspoon garlic salt (or 1 heaping tablespoon minced garlic from jar)
- 1 package (12-ounce) egg noodles (no-yolks), cooked
- $\frac{1}{4}$  cup ketchup

Melt butter, cook onions and mushrooms until tender (about 5 minutes), then remove from pan and save. Brown meat in this pan in batches to remove excess moisture.

Save  $\frac{2}{3}$  cup of broth. Mix remaining broth in meat with ketchup and garlic. Stir and simmer for 15 minutes. Mix  $\frac{2}{3}$  cup broth with  $\frac{1}{3}$  cup flour and stir into meat mixture. Add saved onion and mushrooms mixture, then heat to boiling for 1 minute. Stir in sour cream. Serve over egg noodles.

## ***Baked Ziti***

*Steve Ballard, Zebulon*

- 1 pound ziti, cooked
- 1-1½ pounds ground beef, browned
- 1 can (11-ounce) cheddar cheese soup
- 1 jar (30-ounce) spaghetti sauce
- 1 teaspoon pepper
- 1 teaspoon Italian seasoning
- 3 cups (12 ounces) shredded mozzarella cheese

Preheat oven to 400 degrees. Combine pasta, meat, soup and sauce; add pepper, seasoning and 2 cups of cheese. Mix to combine. Place in baking dish and sprinkle with remaining cheese on top. Cover and bake for 25 minutes.

## Crock Pot Angel Chicken

*Brantley Averkamp of Huntersville, a member of EnergyUnited*

TOP  
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- 1½–2 pound pack of boneless, skinless chicken breasts, cut into bite size pieces
- 1 envelope (.7-ounce) Italian dry salad dressing mix
- 1 can (10¾-ounce) condensed golden mushroom soup
- ¼ cup of butter or margarine
- 1 tub (8-ounce) cream cheese with chives and onion  
Salt and pepper to taste
- 3 cups cooked pasta (angel hair or your choice, hot)  
Garlic bread

Place the chicken pieces in a crock pot or slow cooker. Put everything else (except pasta) on top of the chicken and let it cook, about 6–8 hours on low or 4 hours on high. You can stir halfway through.

When you are ready to eat, make the noodles. Serve chicken on noodles, along with some garlic bread.

## **Salsa Chicken**

*Amy Roswick, Morrisville*

This recipe is great for a night when you've forgotten to pull chicken out of the freezer to thaw—just increase the cooking time! I add extra salsa so I can use it as a sauce to top black beans and rice side dishes.

- 4 skinless, boneless chicken breasts (or equivalent in chicken tenders)
  - 6 teaspoons taco seasoning mix
  - 2 cups salsa (any flavors and degrees of heat)
- Sour cream and shredded cheddar cheese, optional

Preheat oven to 375 degrees. Cut chicken into large pieces, roll in taco seasoning to coat. Put half the salsa in the bottom of a 9-by-13-inch baking dish and add chicken. Pour remainder of salsa over all.

Bake at 375 degrees for 25 to 35 minutes, until chicken is tender and juices run clear. (If you start with frozen chicken, it will likely take closer to an hour.) Top with shredded cheddar cheese and/or sour cream if desired, and serve.

# Chicken Casserole

TOP  
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*Nancy Ballard, Zebulon*

- 4–6 chicken breasts
- 1 package (8-ounce) corn bread stuffing without herbs
- 1 stick margarine
- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 2 cans broth

Boil chicken breasts and save broth. Cut chicken into bite-size pieces. Melt margarine and stir into cornbread stuffing. Grease a 9-by-13-inch baking dish. Mix the soups. Layer ingredients: stuffing, chicken, stuffing, chicken, mixed soup, stuffing. Cover with the broth. Bake uncovered at 350 degrees for 45 minutes.

## **Chicken Milano**

*Ellen Klaenhammer, Wilmington*

TOP  
20

- 1 pound thinly sliced chicken breasts, grilled and cut into small pieces
- 1 jar garlic Alfredo sauce
- ½ cup thinly sliced mushrooms
- ½ cup sundried tomatoes in oil, drained
- ½ cup grated Parmesan cheese
- 8 ounces bowtie pasta, cooked and drained

Mix everything together except cheese and pour into a casserole dish. Sprinkle cheese on top. Bake at 350 degrees until hot and bubbly.

## **Chipped Beef Chicken**

*Sue Pittman*

- 8 chicken breasts
- 8 slices bacon
- 1 small jar chipped beef
- 1 carton (8-ounce) sour cream
- 1 can cream of chicken soup

Wrap bacon around chicken. Place chipped beef in a 9-by-13-inch baking pan. Place chicken on top of chipped beef. Combine sour cream and soup, mix well. Pour this over chicken and spread. Bake at 275 degrees for three hours.

## ***Crescent Topped Turkey Amandine***

*Ginny Fountain, Raleigh*

- 3 cups cubed cooked turkey
- 1 can (10 $\frac{1}{4}$ -ounce) condensed cream of mushroom soup, undiluted
- 1 can (8-ounce) sliced water chestnuts, drained
- $\frac{2}{3}$  cup mayonnaise
- $\frac{1}{2}$  cup chopped celery
- $\frac{1}{2}$  cup chopped onion
- 1 tube (4-ounce) refrigerated crescent rolls
- $\frac{2}{3}$  cup shredded Swiss cheese
- $\frac{1}{2}$  cup sliced almonds
- $\frac{1}{4}$  cup butter, melted

In a large saucepan, combine the first six ingredients; heat through. Transfer to a greased 2-quart baking dish. Unroll crescent dough and place over turkey mixture.

In a small bowl. Combine the cheese, almonds and butter. Spoon over dough. Bake, uncovered, at 375 degrees for 30–35 minutes or until crust is golden brown and filling is bubbly. Serves 4.

## ***BBQ Ribs Tender and Savory***

*Bob Kehrler, Louisburg*

- |                                   |  |
|-----------------------------------|--|
| 1–2 full slabs of baby back ribs  | 1 teaspoon smoked paprika                              |
| 1 bottle of good local craft beer | 1 teaspoon salt  |
| 4–5 cloves of garlic smashed      | 2 tablespoons Liquid Smoke, either mesquite or hickory |
| 1 small onion coarse sliced       | Water to cover   |
| 1 teaspoon crushed red pepper     | Your favorite BBQ sauce                                |

In a large pan over medium high heat, add all of the above ingredients except the ribs and water, stir thoroughly. Place the ribs, cut into 3 or 4 rib sections if necessary, in the pan and put in enough water to completely cover the ribs. Place cover on the pan. Bring to a rapid boil and reduce heat to just at boiling. Boil for one hour. Drain.

Fire up your grill! Lather your favorite sauce on ribs and let set about 10 to 15 minutes covered. Lather both sides with additional sauce and place on the grill. Grill for about 4 to 5 minutes on a hot grill, lathering on additional sauce as necessary. Turn ribs over and repeat the process lathering on sauce on the already cooked side.

Remove from the grill to a platter and cover with aluminum foil, allowing them to rest for 5 to 10 minutes. This distributes the moisture throughout the ribs, making them tender and juicy. Serve with some additional sauce in a small bowl.

## Crockpot BBQ Pork Tenderloin Sliders

Bonnie Pridemore, Raleigh

- 1 sweet onion, sliced
- 3 large cloves of garlic, sliced
- 1 cup chicken broth
- 3–5 pound pork tenderloin
- Bone Suckin sauce rib rub
- 1 bottle of your favorite BBQ sauce
- King Hawaiian dinner rolls

Slice onion and garlic and layer in the bottom of the crockpot. Open and pat pork tenderloin until dry. Rub Bone Suckin dry rub all over tenderloin. Place tenderloin in crockpot on top of onion and garlic. Pour 1 cup of chicken broth on top. Place lid on crockpot and cook on low 10 hours.

Once done, pull out tenderloin and put on cutting board, take two forks and shred. Drain juice from crockpot but leave the onion in if desired. Put shredded pork back into crockpot and add desired amount of BBQ sauce.

Slice King Hawaiian dinner rolls and fill.

## Special Tenderloin

Jenny Lloyd, Louisburg

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| $\frac{2}{3}$ cup light soy sauce | 2 teaspoons dry mustard            |
| $\frac{1}{4}$ cup oil             | 2 teaspoons ginger                 |
| 3 tablespoons molasses            | 1 pork tenderloin (about 4 pounds) |

In a resealable plastic bag, combine all ingredients. Place tenderloin in bag and let marinate in refrigerator overnight. Remove tenderloin from bag and cook over low heat on grill for approximately 45 minutes or until done.

## Herring Roe and Scrambled Eggs

Eddy Browning, food columnist for the Washington Daily News

TOP  
20

- |   |                               |
|---|-------------------------------|
| 6 strips bacon  | 6 eggs                        |
| 1 can (8-ounce) herring roe drained, or<br>1 cup chopped cooked fresh roe | $\frac{1}{2}$ teaspoon salt   |
| 2 tablespoons bacon drippings   | $\frac{1}{4}$ teaspoon pepper |

Fry bacon, drain on paper towels, and keep warm in oven. Pour off and reserve drippings. In same fryer, put 2 tablespoons bacon grease, add roe. Brown slightly. Beat eggs. Add salt and pepper. Add 2 teaspoons bacon grease to browned roe, pour in eggs and mix scrambled roe and eggs. Cook until eggs are partially done. Remove from heat, cover for a minute. Serve topped with bacon.

## Basil Salmon Burgers

Erin Binkley, Carrboro

- |     |                                 |     |                          |
|-----|---------------------------------|-----|--------------------------|
| 2   | cans (14-ounce) pink salmon     | 2   | eggs                     |
|     | Juice of ½ of a lemon           |     | Salt-and-pepper to taste |
| ¼   | cup quick oats                  | 3–4 | tablespoons olive oil    |
| 3–4 | tablespoons chopped fresh basil | 4   | rolls or hamburger buns  |
| 3–4 | tablespoons chopped red onion   | 4   | Romaine lettuce leaves   |
| 1   | teaspoon chopped jarred garlic  | 4   | tomato slices            |

### Basil Mayo

- ½ cup mayonnaise (Duke's is my favorite)
- 2 tablespoons chopped fresh basil
- Juice of ½ a lemon
- Salt-and-pepper to taste

In a blender or food processor, combine all mayo ingredients. Blend until thoroughly mixed. Refrigerate.

In a mixing bowl, combine salmon, lemon juice, oats, basil, onion and garlic. Fold in eggs, then form 5–6 patties. In a large pan, heat olive oil over medium heat. Fry patties on both sides, carefully turning when they begin to brown.

Toast rolls, then spread mayo on the top and bottom slice. Top each roll with a patty, tomato slice and romaine leaf. Makes 5–6 burgers.

# *Desserts*

# Mama's Carrot Cake

*Ginny Fountain, Raleigh*

## Cake

- |                          |   |
|--------------------------|---|
| 2 cups self-rising flour | 4 eggs  |
| 2 cups sugar             | 2 teaspoon baking soda  |
| 1 cup oil                | 1 pound carrots, grated (the ones you buy already grated at the grocery store don't work as well as grating them at home) |
| 1 teaspoon salt          |   |
| 2 teaspoon cinnamon      |   |

Preheat oven to 350 degrees. Mix all dry ingredients. Add oil and beat well. Add eggs one at a time and beat after each addition. Stir in grated carrots. Pour batter in two greased 9-inch cake pans and bake for one hour or until done. Cool for 10 minutes, remove layers from pans, and set on racks. Cool thoroughly before frosting.

## Frosting

- |  |  |
|--|--|
| 1/4 pound butter (at room temperature)               | 1 pound box confectioners' sugar   |
| 1 block (8-ounce) cream cheese (at room temperature) | 1 cup pecans, chopped, roasted and salted (roasting and salting the pecans is what makes the frosting so good) |
| 1 teaspoon vanilla                                   |  |

Beat butter and cream cheese together. Add sugar, vanilla and nuts. Beat well. Smooth over each layer (and around edges if you like, but I don't). The frosting is very sweet so cutting up to a cup of the confectioners' sugar won't hurt it.

## ***Raisin Cake***

*Brandon Reed, Raleigh*

- 2 cups brown sugar
- 2 cups cold water
- 2 teaspoons cinnamon
- 1 teaspoon ground cloves
- ½ teaspoon nutmeg
- 1 teaspoon salt
- 2 tablespoons Crisco shortening
- 2 tablespoons molasses
- 1 box (15-ounce) raisins
- 4 cups flour
- 2 teaspoons baking powder
- 2 teaspoons baking soda dissolved in 1–2 tablespoons of warm water

Preheat oven to 325 degrees. Mix brown sugar, cold water, cinnamon, ground cloves, nutmeg, salt, Crisco, molasses and raisins together. Bring to a boil and boil for 3 minutes, stirring. Cool. Add flour, baking powder and dissolved baking soda to the cooled mix. Blend well. Grease 2 loaf pans, split mix between two pans. Bake 40 minutes for a gooey consistency or 50–60 minutes for a firmer loaf. Eat warm or wrap in plastic wrap and then aluminum foil and let sit for a day to let the flavors blend.

## White Port Wine Cake

*Ginny Fountain, Raleigh*

- 1 box Duncan Hines Golden Butter cake mix
- 1 small box of vanilla instant pudding
- ½ cup white port wine
- ½ cup water
- ½ cup vegetable oil
- 4 eggs
- 1 cup chopped pecans

Mix first six ingredients together.

Grease pan and sprinkle 1 cup of chopped pecans in bottom of pan. Pour batter into greased pan over nuts. Bake at 325 degrees for 50–60 minutes.

### Glaze

- 1 cup sugar
- 1 stick of butter
- ¼ cup wine
- ¼ cup water

Boil the four glaze ingredients until glossy. Pour over the cake and let the cake sit for 30 minutes to cool before dumping.

The cake is so moist that a lot of times it might fall apart.

## Coconut Cake

*Benjamin Butler, Durham*

TOP  
20

- |  |                      |
|--|----------------------|
| 1 box (18.5 ounces) Duncan Hines Moist Deluxe Butter Recipe cake mix | 1/4 cup oil          |
| 1 box (3.9 ounces) vanilla instant pudding                           | 3/4 cup coconut milk |
| 1/2 cup sugar  | 4 large eggs         |
|  | 8 ounces sour cream  |

### Frosting

- |   |  |
|---|--|
| 1 pound cream cheese, at room temperature                 | 1/4 teaspoon almond extract                  |
| 1/2 pound (2 sticks) unsalted butter, at room temperature | 1 pound confectioner's sugar, sifted         |
| 3/4 teaspoon vanilla extract                              | 6 ounces sweetened shredded coconut, toasted |

Preheat oven to 350 degrees and grease and flour two 8- or 9-inch-round cake pans. I recommend lining the bottom of your cake pan with parchment paper. It makes it easier to remove from the pan.

Combine cake mix, instant pudding and sugar in mixing bowl. Mix with a whisk to remove any lumps. Add the next 4 ingredients and with a hand-held or standing mixer on medium low; mix until combined. Scrape down sides and bottom of mixing bowl with a spatula to make sure all dry ingredients are incorporated. Continue to mix on medium-high for about 2 minutes. Divide batter evenly in your two cakes pans.

Bake at 350 degrees for 45–50 minutes or until cake is a nice golden brown and you can insert a toothpick or cake tester and it comes out clean. Remove from oven and allow to cool for 10–15 minutes on a wire cooling rack, then remove cakes from pan, remove parchment paper and allow to completely cool on a wire cooling rack.

I usually make the cake the night before and wrap in plastic wrap and store in the refrigerator overnight. I find that cold cakes are easier to frost and you end up with fewer crumbs in your frosting.

### Frosting

In an electric mixer or with a hand-held mixer on medium-high, cream the cream cheese, butter, sugar, vanilla and almond extract until it is light and fluffy. Reduce the speed to medium-low and slowly add the confectioner's sugar and mix until smooth. Spread shredded coconut on a baking sheet and place in 350-degree oven for about 5 minutes. Coconut toasts quickly, so keep a close eye on it until it reaches a light golden color.

If your cakes are domed on the tops, take a serrated knife and cut tops flat. Place first layer on cake plate and frost the top only. Place second layer on top of the first and frost the cake starting with the top, then the sides. Once cake is frosted, allow to chill in the refrigerator for about 15–20 minutes. Once chilled, you can cover just the top or the top and sides with the toasted coconut.

**Option:** For a cute Easter cake, you can skip the toasted coconut and use a drop or two of green food color to make the shredded coconut "grass" green. Cover top and sides of cake with "grass" and decorate with jelly beans or Easter decorations.

## Pumpkin Cake

Joseph Cooke, a member of Surry-Yadkin EMC

TOP  
20

- |   |  |
|---|--|
| 1 box Duncan Hines Golden Butter cake mix | $\frac{1}{3}$ cup oil                    |
| 1 can (15-ounce) pumpkin                  | 4 eggs                                   |
| $\frac{1}{2}$ cup milk                    | $\frac{1}{2}$ teaspoon pumpkin pie spice |

### Icing

- |  |   |
|--|---|
| Remaining can of pumpkin                           | 1 container (8-ounce) Cool Whip             |
| 1 package (8-ounce) cream cheese, room temperature | $\frac{1}{2}$ teaspoon pumpkin spice mix    |
| 1 cup powdered sugar                               | $\frac{1}{4}$ cup Hershey's caramel topping |

Grease and flour two 9-inch cake pans and set aside.

Mix together cake mix, milk, oil, eggs, pumpkin pie spice and only 1 cup of the pumpkin. Pour in cake pans equally and bake at 350 degrees for 25 minutes or until done. Let cool for 10 minutes and remove from cake pans onto cooling rack. Cool completely and cut layers in half giving you four layers.

In a mixing bowl, mix remaining pumpkin and cream cheese. Continue mixing adding powdered sugar, pumpkin pie spices and Cool Whip; mix until creamy and fluffy. Stack cake layers with this mixture between each layer, then ice the sides. Do not ice top of cake. Pour caramel sauce on top layer and let it drizzle down sides of cake.

# Butterfinger Cake

*Hope Mills, a member of South River EMC*

TOP  
20

## Cake

- 1 box Swiss chocolate cake mix
- 1 small box JELL-O instant vanilla pudding
- 3 eggs
- 1½ cups milk
- ¾ cup oil
- Bakers Joy or other nonstick cooking spray

## Frosting

- 4 Butterfinger candy bars, finely chopped
- 1 cup pecans, chopped
- 1 package (8-ounce) cream cheese, softened
- 1 cup confectioners' sugar
- ½ cup granulated sugar
- 1 container (16-ounce) Cool Whip, softened

Combine all cake ingredients and mix with electric mixer. Spray four 8-inch pans with Bakers Joy. Bake at 325 degrees for 20–25 minutes or until it tests done. Let cool completely.

For the frosting, crush three of the Butterfingers and set aside. Blend cream cheese, confectioners' sugar and granulated sugar with mixer. Add Cool Whip; mix well. Fold in crushed candy bars and nuts. Generously frost each layer. Crush a fourth Butterfinger candy bar and sprinkle on top of cake. Refrigerate and enjoy.

## Cornbread Cake

TOP  
20

*Mildred Mills of Monroe, a member of Union Power Cooperative*

- |                        |                           |
|------------------------|---------------------------|
| 4 large eggs           | 1½ cups self-rising flour |
| 1 cup granulated sugar | 1 teaspoon vanilla        |
| 1 cup brown sugar      | 1 cup chopped pecans      |
| 1 cup canola oil       |                           |

Preheat oven to 350 degrees. Grease and flour a 9-by-13-inch pan and set aside. In a mixing bowl, combine the ingredients in the order listed. Pour into pan evenly and bake for 35 minutes or until tested done.

## Cherry Pie

TOP  
20

*Lib Biggerstaff of Youngsville, a member of Wake Electric*

- |  |                               |
|--|-------------------------------|
| 1 can Eagle Brand condensed milk             | 1 cup chopped pecans          |
| ¼ cup lemon juice                            | 1 carton (12-ounce) Cool Whip |
| 1 can Red Tart Cherries, drained and chopped | 2 graham cracker crusts       |
|  | Red food coloring (optional)  |

Blend together milk and lemon juice; add Cool Whip and blend well. Fold in nuts and cherries. Add 3–4 drops of red food coloring, if desired. Pour into pie crusts and refrigerate.

Printed copies can be ordered for \$5 at [carolinacountry.com/cookbook](https://www.carolinacountry.com/cookbook).

The background of the entire image is a dark, rich brown wood with a prominent horizontal grain. The planks are slightly uneven in color and texture, giving it a rustic, weathered appearance. The lighting is somewhat uneven, with darker tones in the upper and lower portions and a slightly lighter, more textured area in the middle.

# Carolina country

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