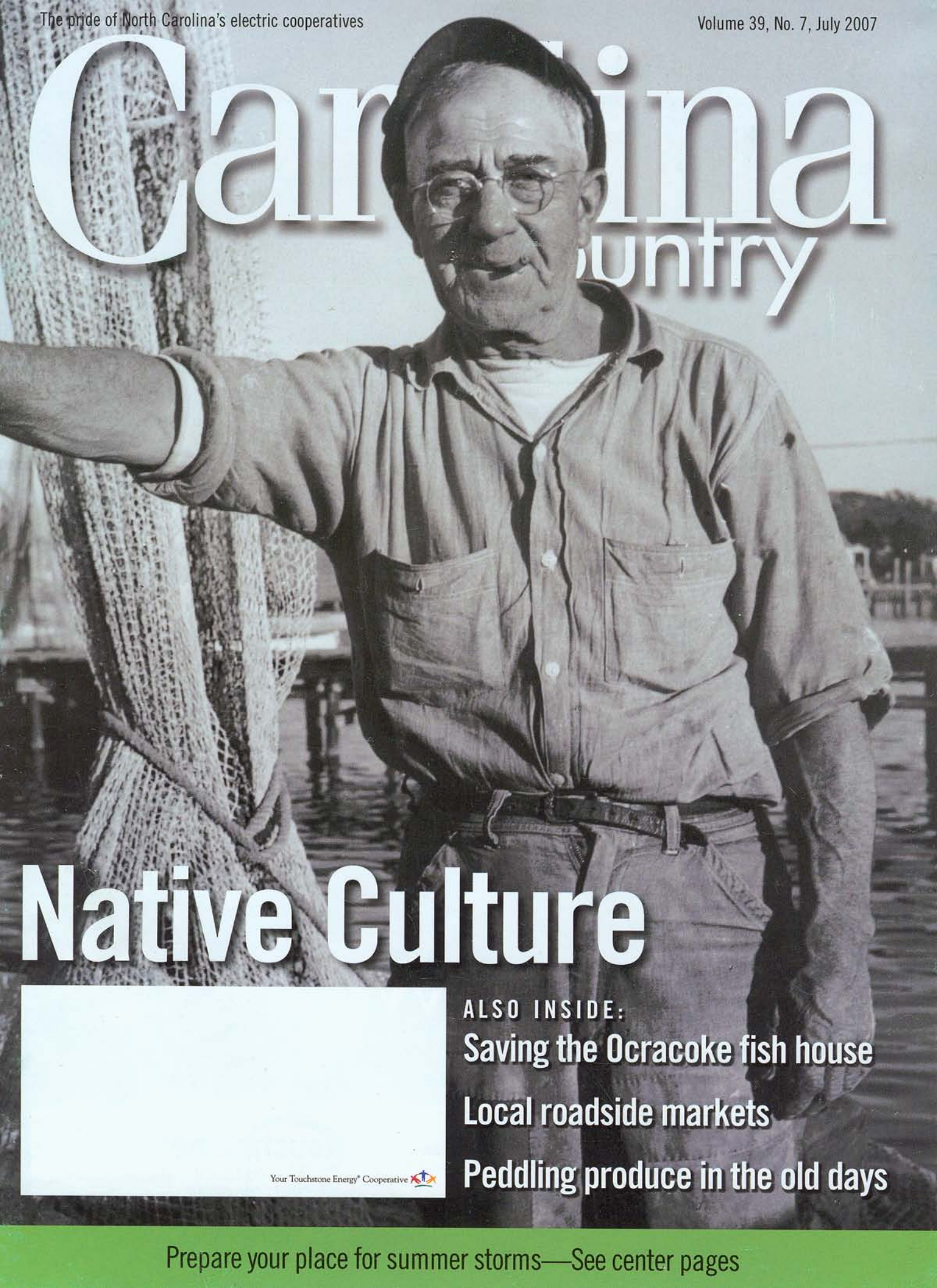


# Carolina Country



## Native Culture

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**Local roadside markets**

**Peddling produce in the old days**

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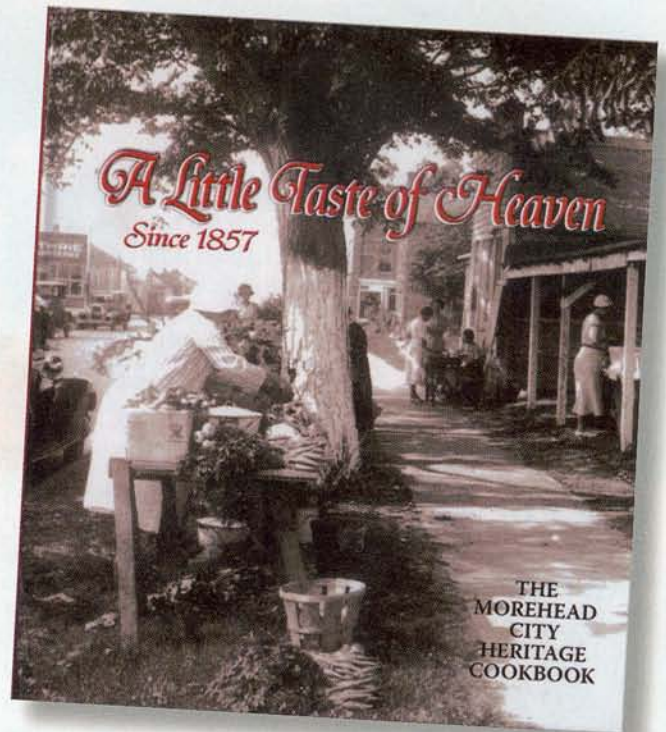
# "A Little Taste of Heaven Since 1857"

This cookbook is an encapsulation of who we are, the people we have become as a result of being members of this community over the last 150 years.

Morehead City means so many things to all of us. The smells and tastes including Confederate jasmine, honey-suckle, the sweet fragrance of low tide, the catch of the day, the Curb Market and all the delicious fresh produce, not to mention those yummy cakes baked by our famous "Cake Ladies." We are zinnias, hydrangea, azaleas and camellias, the clunking sound of Henry Jones' mule and his melodic voice proclaiming "Watermelon Man, Cantaloupe Man, Okra Man!" We are the cacophony yet soothing voices of our seagulls, tugboat whistles, and the train which like a lullaby comforts us whether traveling east or west. We are our charter boats, dive boats, The Big Rock and the NC Seafood Festival. We are the neighborhoods of Conch's Point, Shepard's Point, Crab Point, Promise' Land, Sunny Shores, Atlantic Beach, Country Club and more. We are our waterfront, The Sanitary, Captain Bill's, Captain Otis', Dee Gee's, Camp Seagull and Camp Morehead.

Morehead City's population varies like the seasons. We are a citizenry of full-time residents, second home owners and tourists, all of whom realize the gift we have being able to call Morehead City home. This cookbook celebrates our memories of today and those memories yet to come.

*D. J. Femia Leeuwenburg, cookbook committee chair  
Proud Daughter of Morehead City*



## Cheesy Shrimp-and-Grits Casserole

*Regenia Bell*

- 4 cups chicken broth
- 1 cup regular grits
- ½ teaspoon salt
- 2 cups shredded cheddar and Monterey Jack cheese
- 2 tablespoons butter or margarine
- 6 green onions, chopped
- 1 green pepper, chopped
- 1 garlic clove, minced
- 2 pounds small fresh shrimp; cooked, peeled and de-veined
- 1 (10-ounce) can diced tomatoes and green chiles, drained
- ¼ teaspoon salt
- ¼ teaspoon pepper

Bring 4 cups chicken broth and ½ teaspoon salt to a boil in a large saucepan; stir in grits. Cover, reduce heat and simmer 15–20 minutes, stirring often. Stir together grits, 1½ cup cheese. Melt butter in large skillet over medium heat; add green onion, bell pepper and garlic. Sauté 5 minutes or until tender. Stir together green onion mixture, grits mixture, cooked shrimp and next 3 ingredients. Pour into a lightly greased 2-quart baking dish. Sprinkle with remaining ½ cup cheese. Bake at 350 degrees for 30 minutes.

The Morehead City Heritage Cookbook was published in commemoration of the town's 150th anniversary this year. The 360 pages include an index and many historical photos (the cover is Curb Market about 1929), memories, stories, poems, songs and sketches from Morehead City's past. In a hardcover, notebook-style wire-o binding, the book costs \$25 (plus \$6 in shipping for one book, \$2 for each additional) from MHC 150 Inc., 706 Arendell St., P.O. Box 3486, Morehead City, NC 28557. For more information: [www.mnc150.com](http://www.mnc150.com)