



Bake off/Cook out

Pull out those family recipes. Share yummy food stories with your family and friends—compete with eats!

To get you started, here is a recipe from our state.

Local Shrimp Dip

North Carolina Maritime Museum, Southport

Contributed by Lori Sanderlin, Museum Manager

- | | |
|---|--|
| 1 pound shrimp | 1 cup diced celery |
| Old Bay Seasoning | 1 block light cream cheese (softened) |
| ice | 1 can tomato soup |
| salt | 1 tablespoon flaxseed (follow directions on the container for thickener) |
| butter | Corn chips or Fritos |
| 1 cup diced Vidalia onion | |
| 1 cup diced bell pepper (variety of colors) | |

Fill a large pot half-way with water, add 6 shakes of Old Bay Seasoning or to taste, and then put LOCAL shrimp, with heads off, in the pot. Boil for 12 minutes, watching that the boiling shrimp do not overflow. Reduce heat as needed. Drain, add ice and salt to cool. Peel shrimp after they have cooled. Set aside in a bowl for later.

Add butter to a sauce pot and heat on medium high. Sauté onion, pepper, and celery. Once they are soft, add cream cheese and tomato soup, and whisk until mixed well. Add flaxseed thickener and mix well. Fold in shrimp, add a dash of Old Bay and salt. Spoon shrimp dip mixture into your favorite bowl, cover, and chill overnight. Serve with corn chips or Fritos.

Extra step: Garnish with a few boiled shrimp or cilantro if you like.

