

Carolina “Cooter” Recipes

Carolina “Cooter” Soup

1 large or 2 small “yellow belly” Cooters (preferably female)	Red pepper to taste
1 large onion, chopped	3 tablespoons dry sherry
Salt to taste	4 quarts of water
2 teaspoons Allspice	1 small Irish potato, diced
Flour to thicken	12 whole cloves
	2 tablespoons Worcestershire

Kill Cooter by chopping off head. Let it stand inverted until thoroughly drained, then plunge into boiling water for five minutes. Crack the shell all around very carefully, so as not to cut the eggs that are lodged near surface. The edible parts are the front and hindquarters and a strip of white meat adhering to the back of the shell, the liver and the eggs. Remove all outer skin, which peels very easily if water is hot enough. Wash thoroughly and allow to stand in cold water a short time, or place in refrigerator over night.

Boil Cooter meat, onion and potato in the water, and cook until meat drops from bones – about 2 hours. Remove all bones and skin and cut meat up with scissors. Return meat to stock, and spices and simmer. Brown flour in skillet, mix with 1 cup of stock to smooth paste and thicken soup. Twenty minutes before serving add Cooter eggs. Add sherry and garnish with thin slices of lemon. Serves 6-8.

“Cooter” Fest Pie

1 medium-sized Cooter	2 hard-boiled eggs, cut up
½ cup stewed tomatoes	2 slices toasted bread (crumbed)
1 cup milk	Worcestershire Sauce
1 cup liquor from stew pot	Celery Salt
2 tablespoons butter	Mace
1 tablespoon whiskey	Red pepper
1 tablespoon sherry	Black pepper to taste

Drop live Cooter in pot of boiling water. Cook 45 minutes. Open shell with a saw and take out meat, fat, liver and eggs. Be careful not break the gall. Remove meat from the feet and legs. Put all this in a pot with a little water and salt and stew until tender, usually about one hour. Then cut up meat, liver and eggs and add stewed tomatoes, milk, liquor from stew pot, butter, whiskey, sherry, eggs (cut up), bread crumbs and seasonings. Put in shell, which has been thoroughly cleaned, cover with cracker crumbs, dot with butter and bake in 375-degree oven about 45 minutes. Serves 6.