

State Fair Food

Written by Debbi Covington
Tuesday, 15 October 2019 15:17



Vince recently had a hankering for grilled Italian sausages with onions and peppers. Just a hint of autumn in the air makes us both miss North Carolina and the NC State Fair that's held every October in Raleigh. Raleigh, besides being the place of my birth, is also known as THE Capital to NC native Andy Griffith fans.

Back in the day, when I was growing up in Wilson, NC, at least one (two if Daddy wanted to see a particular exhibit, and three if my date could get the keys to his Mama's car) hour-long excursions to the larger-than-life annual event was a must. A typical fair day started out warm and sunny. We'd visit the agricultural exhibits, go see the livestock competitions and sample some of the goodies from the baking and canning competitions. At night, the temperature dropped considerably, lights from the carnival rides lit up the entire fairground and the smells of all kinds of fried foods, corn dogs, cotton candy – and especially sausages, onions and peppers filled the air. When I was a young girl, it was kind of magical. There's no other experience of my life that can quite compare with the NC State Fair. Vince and I decided to attempt to share a few of our fair food experiences with some of our friends on Friday night. We began the evening by offering all of our guests an antacid. I love fair food but I know that spicy sausages, onions and peppers can sometimes be tough on the digestive system. Better safe than sorry. Along with the sausages and fixin's, we served a couple of foods that would likely be found at the fair. I altered them a smidge in an attempt to conform to a bit of a healthier diet. At the fair, some form of homemade pimento cheese would be served on straight-up sliced white bread and the apple turnovers most certainly would be deep fried. I do realize that salads aren't exactly fair food but there's no way you'll be invited to dinner at our house and not be served some kind of a salad. As much as I love South Carolina, I sometimes miss my home state. So tonight, in my mind I'm going to North Carolina. And, by-the-way, North Carolina claims James Taylor, too.

Pimento Cheese Spread

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This dip is made with 250 grams of canned salmon, spread in an oven proof dish and served with toasts or crackers.



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