

Our State eats

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Pickled North Carolina Shrimp

Yield: 6 servings.

- 1 purple onion, halved and thinly sliced
- 1 fennel bulb, thinly sliced
- 1 lemon, deseeded and thinly sliced
- $\frac{3}{4}$ cup white cider vinegar
- $\frac{1}{2}$ cup canola oil
- $\frac{1}{4}$ cup capers, drained
- $\frac{1}{2}$ teaspoon celery seeds
- 1 bay leaf
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon black peppercorns
- 1 teaspoon hot sauce
- $2\frac{1}{2}$ pounds medium fresh shrimp, peeled, deveined, and cooked until just beginning to curl
- Fennel fronds (for garnish)

In a large bowl, combine onion, sliced fennel, lemon, vinegar, canola oil, capers, celery seeds, bay leaf, salt, peppercorns, and hot sauce. Whisk until well combined. Add shrimp and toss. Cover and refrigerate overnight, stirring occasionally. Garnish with fronds. Serve chilled.



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Dilled Butter Beans

Yield: 6 servings.

- 6 cups vegetable stock**
- 2 pounds fresh, shelled butter beans, rinsed**
- 2 garlic cloves, minced**
- 1 teaspoon salt**
- 4 tablespoons extra-virgin olive oil, divided**
- 1 lemon, zested and juiced**
- ½ teaspoon granulated sugar**
- ¼ cup fresh dill, chopped**
- ½ sweet red bell pepper, chopped**
- Salt and pepper to taste**

To a large soup pot, add vegetable stock. Add butter beans, garlic, salt, and 2 tablespoons of olive oil.

Bring to a boil, then reduce heat to simmer and cover pot. Cook 45 to 60 minutes, stirring occasionally until beans are tender. Remove from heat. Drain beans and discard liquid.

Place the cooked butter beans in a large bowl and allow to cool.

In a small bowl, whisk together lemon zest and juice, sugar, dill, red pepper, and remaining olive oil until sugar has dissolved. Pour dressing over cooled butter beans and add salt and pepper to taste. Toss to coat. Serve chilled or at room temperature.



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Crab Pie

Yield: 6 servings.

- 1 small sweet onion, chopped**
- 1 stalk celery, chopped**
- 2 tablespoons all-purpose flour**
- 1 pound fresh jumbo lump crabmeat**
- 2 large eggs**
- 1 cup whole milk**
- 2 tablespoons mayonnaise**
- 1 teaspoon fresh lemon juice**
- 2 teaspoons Old Bay Seasoning**
- 1 refrigerated pie dough crust, at room temperature**

Preheat oven to 350°.

In a large bowl, add onion, celery, and flour. Stir until onion and celery are coated. Add crabmeat and gently toss, making sure not to break up crabmeat.

Place pie crust into a 9-inch pie pan and crimp the edges. Distribute crabmeat mix evenly into pie crust.

In a separate bowl, whisk together eggs, milk, mayonnaise, lemon juice, and Old Bay.

Slowly pour egg mixture evenly over crabmeat mixture. Place pie onto a baking sheet.

Bake for 50 minutes or until top is bubbly and crust is golden brown. Remove from oven and allow to set for 20 minutes before slicing.



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