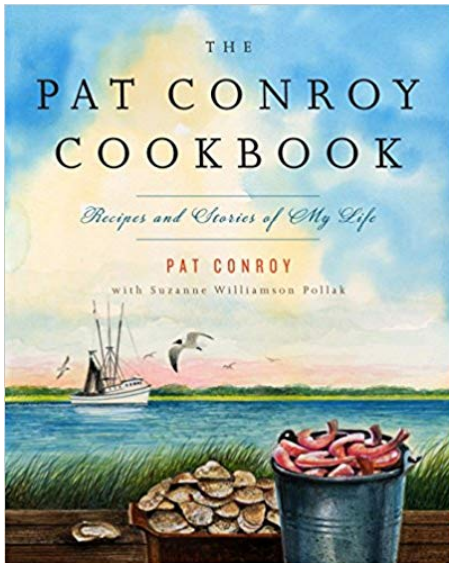


Covington Celebrates Conroy's Cookbook

Written by Debbi Covington

Tuesday, 12 November 2019 14:07



I had been reading Pat Conroy's cookbook, *The Pat Conroy Cookbook: Recipes and Stories of My Life*, when our telephone rang. Pat's sister-in-law, Terrye, was on the line with a request (actually, bestowing an honor) from the Conroy family for me to cater Pat's funeral reception. That happened back in March of 2016. It seemed like fate or even serendipity, that I had Pat's cookbook on my desk with a folded down corner marking Chapter 15, "Why Dying Down South Is More Fun."

Pat had already planned the menu for me. Following Pat's lead, I attempted to create a menu that represented both Pat Conroy and South Carolina. Three years later, I have the opportunity to honor Pat Conroy and his cookbook once again. On Thursday, November 21st, I'll be the Pat Conroy Literary Center Book Club guest speaker. We'll be discussing

The Pat Conroy Cookbook: Recipes and Stories of My Life.¹

As part of the program, I'll be preparing and serving several recipes selected from Pat's cookbook for tastings by the participants. Please join me at the Pat Conroy Literary Center from 5:30 until 6:30. Registration is \$20 per person. Seating is limited.

Visit <https://patconroyliterarycenter.org/calendar/book-club-discussion-the-pat-conroy-cookbook-led-by-debbi-covington/> by November 17th to register. This week I'm sharing a few of my favorite recipes from Pat's cookbook. I hope to see you at the Pat Conroy Literary Center on November 21st.

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Shrimp Salad



(from *The Pat Conroy Cookbook: Recipes and Stories of my Life* by Pat Conroy)

1 pound large (21-25 count) shrimp, peeled and deveined

2 tablespoons mayonnaise

2 tablespoons sour cream

1 tablespoon finely minced fresh tarragon

1 teaspoon fresh lemon juice

1 teaspoon tarragon vinegar

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¼ cup finely diced celery

¼ cup finely minced scallions

1 teaspoon coarse or kosher salt

½ teaspoon freshly ground white pepper

In a medium stockpot over high heat, bring 4 quarts abundantly salted water to a rolling boil. Add the shrimp and cook until just pink, about 3 minutes. Immediately transfer to a colander and run under cool water to stop the shrimp from cooking any further (only takes several seconds, shrimp should still be slightly warm when dressed). Shake the colander to drain any excess water. In a small bowl, mix together mayonnaise, sour cream and tarragon. Set aside. In a medium mixing bowl, toss the warm shrimp with the lemon juice and vinegar. Stir in the celery and scallions. Add the mayonnaise mixture, salt, and pepper and toss to coat. Cover and refrigerate until ready to serve. Taste to correct seasoning. Serves 4.

Dunbar Macaroni



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(from *The Pat Conroy Cookbook: Recipes and Stories of my Life* by Pat Conroy)

1½ cups elbow macaroni

4 onions, chopped

2 (16-ounce) cans whole tomatoes, preferably San Marzano, mashed, without their juice

¾ pound sharp cheddar cheese, grated

4 tablespoons butter

Salt and freshly ground black pepper

Preheat oven to 350 degrees. Cook the macaroni. Drain and set aside. Cook the onions in 3 cups boiling water for 5 minutes. Drain. Add the tomatoes and cook over low heat for 10 minutes, until liquid has evaporated. Add the cooked macaroni, cheese, butter, salt and pepper. Mix together and put into a large greased casserole dish. Bake for 30 minutes, or until lightly browned. Serve hot. Serves 8 to 10.

Crème Brûlée

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(from: Fat Rat Conroy's Cookbook: Recipes and Stories of my Life by Fat Rat Conroy)
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