



THE FLOON FOOD

by Florence Packard Anderson

“Patience is a virtue, possess it if you can. It’s often found in women and seldom in a man.”

My mother used to tell me this all the time and I’ve found it to be true. I think some of the most patient people in the world are teachers, and I believe there are more women teaching than men. The exception was my dad. His mother was a teacher and she must have passed that talent along, because he was a great teacher. He was an auto mechanic, salesman, machinist and inventor. He was always teaching, but never in the traditional classroom. I think I take after him. I love to teach cooking skills and nowhere was this put to the test more than during my days at the Emmeline and HESSIE Restaurant.

I was hired as the head cook (chefs work too hard for the title; I am a cook) in 1977, while the E & H was still under construction at the Golden Isles Marina Village, overlooking the Frederica River. The three owners had been eating my food in other establishments and approached me about helping them design a menu for their new seafood restaurant. They had the requisite fried offerings but really had no other ideas. When I asked who else they planned on having in the kitchen, they told me

they could probably hire some high school kids, housewives and some fellows from the pulp mill who wanted some extra money. You see, back in the day, we didn’t have a bunch of culinary school graduates to call upon; we had to teach the culinary skills to anyone who showed up and was willing to learn.

With those parameters in mind I came up with many of the recipes that have gone on to become favorites in our current restaurant, The Fourth of May. The most popular item on the Emmeline menu, after the fried seafood of course, was our famous Shrimp and Green Noodles. This was so popular, we ended up buying a big pasta machine and making our own spinach noodles, but that’s a story for another day.

Shrimp and Green Noodles is still one of the best company dishes you will ever prepare. It is extremely easy (remember, I was teaching high school kids how to “cook”) and you don’t even have to make your own spinach noodles. They can be found at most grocery stores. Also, you don’t have to use spinach noodles. You can substitute any kind, but for looks, spinach is the best. ■