

Frogmore Stew

AKA Low Country Boil

Serves 5-6 People, but can be sized up for larger groups

3 Pounds	Shrimp (40-50 per pound) unpeeled
3 Pounds	Kielbasa Sausage (cut in 1 inch long pieces)
6 ears	Corn broken in half
3 pounds	New potatoes quartered
1 large	Onion sliced
1 pound	Crayfish
¼ pound	Butter
4 TBSP	Old Bay seasoning
1 Bag	Crab Boil
2 tsp	Salt
1 Pint	Orange Juice

Large stock pot

Slotted spoon

Wooden paddle for stirring – can just be a 2-1/2 to 3' piece of lumber with handle carve on one end

Fill pot half full of water, then add butter, Old Bay, Crab Boil, salt and Orange Juice and bring to boil. The same quantity of this mixture can be used for 6 – 18 servings.

As each of the following ingredients are added, stir all the ingredients together well with wooden paddle.

Add potatoes and cook 15 minutes.

Add sausage and onions and cook 10 minutes.

Add corn and cook 5 minutes.

Add shrimp and crayfish and cook 5 minutes or until shrimp are done (shrimp float on top of water).

Turn heat off and let stand for 5 minutes.

Drain water and serve immediately in large dish with melted butter or cocktail sauce.