



Low Country Boil (Frogmore Stew)

Yields: 20 servings

Total time: 30 minutes

Nothing brings the peeps together better than a spread, and there might not be a better spread than the mighty Low Country Boil. It's also called Frogmore Stew, so named after the Frogmore people livin' it up on St. Helena Island in South Carolina. They must be saints because they eat like kings and queens, and would always welcome people in, and feed 'em up. We got super tender new taters, some fresh picked corn, a good sausage (we use Kielbasa because we love what it does to the water), fresh shrimp and some mussels, and we got the dish that brings people around the table... after dumping this beautiful mess all over the table, that is. A nice, homemade spice mix gives ya all that flavor to respect all the different people ya got in the mix. This dish is deceptively simple, but super complex and gets everything mixed up the right way, just like a good shindig does. Get your friends up, and you about to get high on this incredible low country boil.

Ingredients

- 5 lbs of new potatoes, we used salt potatoes, but red creamers or Yukon golds work
- ¼ C Seafood seasoning (recipe below, but you can use store bought)
- 3 lbs. rope sausage, we used smoked beef, but you can go with kielbasa, but sweet italian works, or andouille, cut into ½ inch rings
- 8 ears of fresh sweet corn, cut into thirds (pointing end cut and tossed away)
- 4 lbs of fresh shrimp, in shell, heads removed, cut down the back shell, and deveined
- 50 count of mussels
- 1 C of chopped parsley
- 1 bunch of green onions chopped finely
- 2 quarts of water
- 2 12 oz pilsner beers
- 1 whole elephant garlic clove, broken apart, paper removed
- 2 punctured shallots
- Leftover herbs from your fridge or garden

Ingredients for Seafood Seasoning

- 1/2 teaspoon black pepper
- 2 teaspoon celery salt
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon smoked paprika
- 1 teaspoon of Old Bay seasoning
- 1 tsp of garlic powder/onion powder
- 1 tsp of regular paprika
- ½ tsp of seasoned salt

Directions for Seafood Seasoning



- Mix all ingredients evenly

Directions

- Bring beer, water, parsley and left over herbs and seafood seasoning to a boil in a giant pot
- Add potatoes and sausage and boil for 10 minutes
- Add corn and boil for another 5 minutes
- Check the potatoes to see if they're tender
- Throw in the mussels and boil for 3-5 minutes
- Make sure it is still boiling, then throw the shrimp in for another 3-4 minutes
- When done, drain all liquid
- Line a table with newspapers, and pour food out all over it
- Get low like Little John