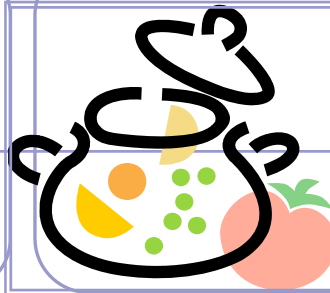


Recipe for Low Country Boil

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Low Country Boil (aka Frogmore Stew)

Famous in the Low Country of South Carolina, there are as many variations on this recipe as there are cooks. Here is a basic recipe. Additional options include onions, local blue crabs, whole garlic heads, and artichokes. It is easily scaled up and measurements are just a general guide. The key is not to overcook the corn or especially the shrimp. This is best served dumped out on a newspaper covered table with lemon wedges, shaker of Old Bay, hand towels and plenty of cold beer nearby. This recipe will serve 12.

3 gallons of water

¼ cup salt

¼ cup Old Bay seasoning

3 lemons, halved

2 pounds hot smoked link sausage (andouille or kielbasa will work, too)

2 pounds small new potatoes, halved (small, red skinned can be used as well)

12 ears fresh shucked corn, each broken into 3 pieces

6 pounds of fresh medium shrimp, unshelled (heads-on optional, if available)

In a large stockpot or kettle, combine water, salt, lemons and seasoning. Bring to a boil then add sausage and potatoes. Boil 10 minutes uncovered. Add corn pieces and boil another 5 minutes. Add shrimp and boil 3 more minutes. Drain (discarding water) and sprinkle with additional Old Bay, if desired. Place out for guests with bowls for shells and cobs.

Enjoy a taste of "Low Country Boil" at the North Charleston and America LaFrance Fire Museum on Saturday, October 25, 2008.

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