

Beaufort Stew (a.k.a. Frogmore Stew)

Recipe Courtesy of Kim Byer of The Paper Apron - www.PaperApron.com

INGREDIENTS

1 1/2 gallons Water
16 New Red Potatoes, chopped in halves
2 large Sweet Onions, peeled and quartered
2 pounds spicy hot, Smoked Sausage Links, cut into 2-inch pieces
1 head Broccoli, cleaned and cut into spears (not traditional, but a terrific addition)
2 Lemons, halved
10-12 ears Fresh Corn, shucked, cut into thirds or quartered
4 pounds (about 1/2 pound of shrimp per person) Large or Jumbo Shrimp

Spices:

4 T Old Bay Seasoning™ + additional prior to serving
1 t Hot Red Pepper Flakes + 1 t Whole Peppercorns
3 T Kosher Salt

PREPARATION & METHOD

Wrap an outdoor picnic table with newspaper and place a few bowls around to collect shrimp shells and corn cobs. Serve stew on thick paper plates or in over-sized, wooden bowls. Serve with bread, butter, sour cream and cocktail sauce. Although you'll need a fork and knife, you'll also need your hands to peel the shrimp, so, supply extra napkins.

In a large stockpot, bring water, salt and seasonings to a boil.

Add the potatoes and onions and boil, uncovered, for five to seven minutes.

Next, add the sausage, lemons and corn. Bring back to a boil and cook for five to seven minutes and sample taste each ingredient, being sure not to overcook the corn.

Next, add the shrimp. Cook (don't boil) the shrimp for 3 minutes or until shrimp are just turning pink and opaque. Don't finish cooking the shrimp because they will continue to cook after the stew is drained.

Drain immediately and serve. Ladle or pour the stew onto the newspaper-covered table or onto large platters, letting guests serve themselves.

Serves 8.