
Low Country Boil II

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Preparation Time: 15 minutes

Start to Finish Time: 35 minutes

3 tablespoons seafood seasoning (such as Old Bay)
3 pounds red skinned new potatoes (halved if large)
2 packages (16 ounce ea) kielbasa, cut into one-inch pieces
8 ears corn, shucked and cut into halves or thirds
4 pounds frozen crab legs
4 pounds jumbo shrimp (shells on)
2 sticks unsalted butter
5 cloves garlic, minced
Kosher salt
freshly ground black pepper

Heat an extra-large pot of water over medium-high heat (you can do this indoors or outside with a propane burner). Add the seafood seasoning. Bring to a boil. Add the potatoes and sausage. Cook until the potatoes are fork tender, about 10 minutes. Add the corn and cook until tender, about 5 more minutes. Add the crab and cook another 5 minutes. Add the shrimp and cook until they turn pink, another 3 or 4 minutes.

Meanwhile, melt the butter in a small saucepan. Remove from the heat and add the garlic. Sprinkle with seafood seasoning. Drain the seafood mixture and transfer to a newspaper-lined table or a large platter. Season with salt and pepper. Serve with the garlic butter.

Yield: 8 to 10 servings

Seafood

Per Serving (excluding unknown items): 2429 Calories; 207g Fat (72.5% calories from fat); 33g Protein; 143g Carbohydrate; 20g Dietary Fiber; 531mg Cholesterol; 695mg Sodium. Exchanges: 9 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 39 Fat.