

Low-Country Boil

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Yield: 8 to 10 servings

*1/2 cup concentrated
Louisiana-style shrimp and
crab boil seasoning, such
as Zatarain's
4 pounds medium red
potatoes
2 to 3 medium sweet
onions, peeled (and
quartered, if large)
2 1/2 pounds cured,
smoked pork sausage links,
cut into three-inch pieces
8 ears corn, cut in half
4 pounds medium shrimp*

Preparation Time: 15 minutes**Cook Time: 35 minutes**

Fill a seven-gallon stockpot halfway with water (or use two large pots and divide the ingredients between them). Add the seasoning. Bring to a rolling boil.

Add the whole potatoes to the pot. Allow the water to return to a boil. Cook for 5 minutes.

Add the onions and sausage. Bring the water back to a boil. Cook for 15 minutes.

Add the corn. Bring the water back to a boil. Cook for 10 minutes or until the potatoes are done.

Add the shrimp. Bring the water back to a boil. Cook until the shrimp turn pink, about 3 minutes.

Drain through a colander. Discard the liquid.

Serve on newspaper or a platter.

Per Serving (excluding unknown items): 2628 Calories; 39g Fat (13.5% calories from fat); 392g Protein; 171g Carbohydrate; 23g Dietary Fiber; 2760mg Cholesterol; 2802mg Sodium. Exchanges: 9 1/2 Grain(Starch); 51 1/2 Lean Meat; 3 1/2 Vegetable.