

# LOW COUNTRY BOIL

SATURDAY, APRIL 24TH 5:30PM

## THE RECIPE

1 gallon of water  
4 cloves of garlic, smashed  
1/2 lemon for boil liquid, more for squeezing  
on finished dish if desired  
1/4 to 1/2 cup of Old Bay Seasoning to taste  
6 small red potatoes  
1/2 pound of smoked sausage sliced  
1/2 sweet onion (skin removed and quartered  
through the root end so that it remains intact)  
2 ears of corn (cut in half to make four pieces)  
1 pound of shell-on shrimp

\*IF you can't have shrimp,  
you can substitute a firm  
white fish like Grouper.  
\*\*This recipe serves two.

If you plan to cook  
along with us, please  
make certain the first  
four ingredients are in  
the pot and at a boil  
when the program  
begins!

## INSTRUCTIONS

Combine water, garlic, 1/2 lemon and Old Bay Seasoning and bring to boil.

Add potatoes and cook at heavy simmer, near boil, for 8 minutes.

Add the sausage and quartered onions. Continue cooking for 6 minutes.

Add the corn and cook for 6 minutes.

Add the shrimp (or fish) and cook until done - 2 minutes for average size shrimp.

When shrimp or fish are done, quickly add the ice to the main pot and stir.

Cover the pot and let soak for ten minutes.

Remove ingredients with a slotted spoon or pour into a colander. Serve immediately.



Fun in the Sun