

King of Peace Low Country Boil

5 pounds whole new potatoes (cut into quarters)
3 pounds corn on the cob (cut in half or thirds to make pieces about 3-4 inches long)
3 pounds sausage (Polska kielbasa style cut in pieces 2-3 inches long)
5 pounds shrimp (with shells on)
Old Bay seasoning to taste

Start by filling the container (we use a 30-quart pot for this recipe) half full of water and adding Old Bay seasoning to taste. About 2 ounces of the Old Bay, which is a third of a large can, seems flavorful without being too hot for most; you may want more or less.

Bring water to a boil and add potatoes. Cook for 15 minutes and add sausage. Cook for an additional 5 minutes and add corn on the cob. Cook for an additional 3 minutes and add shrimp. Cook roughly 2 final minutes or until shrimp is pink all over and begin to float. But be quick with the shrimp once they begin to float or they will get rubbery.

A commonly found variation is to boil each of the individual ingredients separately, but this misses the two main advantages of the low country boil ease of preparation and the shared flavors of the various ingredients. Another common variation is to add crab legs to the mix.

King of Peace Episcopal Church in Kingsland

Crawfish Boil

10 pounds crawfish
2 3-ounce packages Zatarain's Crab Boil Seasoning
4 ears corn, each cut into 3-inch pieces
1 1/2 pounds small red potatoes
1 gallon water
1 large lemon, cut into quarters
8 medium white onions, peeled
4 artichokes, each cut in half
3 carrots, peeled and cut into 2-inch pieces
1/4 cup hot sauce (Louisiana hot sauce, Baumer Foods Crystal or McIlhenny Tabasco)
1/2 cup salt or Zatarain's Creole Seasoning
1 pound andouille sausage or kielbasa, cut into 2-inch pieces

In very large sauce pot with removable wire basket, heat water, crab boil, salt, hot sauce and lemon to boiling. Add onions, artichokes, carrots and potatoes and heat to boiling. Reduce heat to low, cover and simmer 20 minutes or until vegetables are tender. Carefully remove vegetables.

To boiling mixture, add corn, crawfish and sausage; over high heat to boiling. Reduce heat to low, cover and simmer 5 to 8 minutes until crawfish are tender. Carefully remove.

To serve, arrange vegetables, crawfish and sausage on large platter or place on newspaper or brown paper. Serve with plenty of cold beer and French bread.

Serves 8.

www.crawfishboil.com