

GUASTELLO'S VILLAGE MARKET

Low Country Shrimp Boil

Serves 8

Ingredients

4 quarts water
1 (12-ounce) bottle or can of beer
1 lemon, quartered
1 head or garlic, halved (with skins on)
1/2 cup (62 grams) Old Bay Seasoning
2 tablespoons kosher salt
8 medium red potatoes, quartered
1 large or 2 small Vidalia onions, peeled and cut into 4-8 wedges, depending on size (leave root end to better keep them in tact)
2 pounds smoked sausage, cut into 1- to 2-inch lengths
8 ears corn on the cob, husked (cut in half if desired)
4 pounds large wild caught American shrimp, uncooked with shells ON (look for packages marked "Easy Peel"—they work GREAT!)

Options for serving: cocktail sauce, spicy mayo, Tabasco sauce, lemon wedges, rolls, cornbread.

Add the water, beer, lemon, and garlic to a 12 to 14-quart stock pot (the bigger the better), and bring to a boil.

Add the Old Bay, salt, potatoes, and onions; cook over high heat for 8 minutes. (Throughout this process, you want to maintain a steady boil. If high heat creates too ferocious of a boil, adjust the heat down slightly.)

Add the smoked sausage; continue to cook on high for 5 minutes.

Add the corn to pot; boil for 7 minutes.

At this point, the potatoes should meet little resistance when pierced with a sharp knife. Add the uncooked shrimp in shells, and cook for 3 minutes or until just pink.

Immediately (and carefully) drain the cooking liquid, and then pour the contents of the pot into several large bowls or shallow pails. Sprinkle lightly with additional Old Bay and serve.

Cook's Note: Old Bay provides flavor but very little heat. For those who prefer more spiciness, cayenne pepper may be added to taste – or serve with Tabasco sauce.

Credit: fountainavenuekitchen.com