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Frogmore Stew

This can be adjusted to serve any number. Allow 2 tablespoons of seasoning per quart of water. If you cannot find hot smoked sausage, use another smoked sausage such as kielbasa and add crushed hot red pepper to the pot.

Ingredients

- 6 quarts water
- 3/4 cup Old Bay Seasoning TM
- 2 pounds new red potatoes
- 2 pounds hot smoked sausage links, cut into 2 inch pieces
- 12 ears corn husked, cleaned and quartered
- 4 pounds large fresh shrimp, unpeeled

Directions

1. Bring water and Old Bay Seasoning to boil in a large stockpot. 2. Add potatoes and cook for 15 minutes. Add sausage and cook for 5 minutes more. Add corn and cook for another 5 minutes. Stir in the shrimp and cook until shrimp are pink, about 5 minutes. Drain immediately and serve.

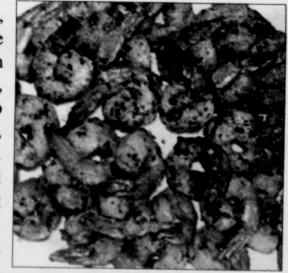
Grilled Marinated Shrimp

Ingredients

- 1 cup olive oil
- 1/4 cup chopped fresh parsley
- 1 lemon, juiced
- 2 tablespoons hot pepper sauce
- 3 cloves garlic, minced
- 1 tablespoon tomato paste
- · 2 teaspoons dried oregano
- 1 teaspoon salt
- · 1 teaspoon ground black pepper
- · 2 pounds large shrimp, peeled and deveined with tails attached
- · skewers

Directions

1. In a mixing bowl, mix together olive oil, parsley, lemon juice, hot sauce, garlic, tomato paste, oregano, salt, and black pepper. Reserve a small amount for basting later. Pour remaining marinade into a large resealable



plastic bag with shrimp. Seal, and marinate in the refrigerator for 2 hours.

- 2. Preheat grill for medium-low heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
- 3. Lightly oil grill grate. Cook shrimp for 5 minutes per side, or until opaque, basting frequently with reserved marinade.

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Wednesday, June 1 thru Tuesday, June 7, 2011.

ALL LIMITS ARE PER HOUSEHOLD, PER DAY. Selection varies by store.

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