

# FOOD



## 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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