



Frogmore Stew with Sister Roberta's Twist

Sister Roberta Fulton, SSMN

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Directions:

Servings 8

Ingredients:

6 quarts of water
3/4cup of old bay seasoning
2 medium sweet onions (peeled)
2 pounds of new red potatoes
2 pounds of smoked sausage links
(cut into 1/2inch slices)
6 ears of corn (shuck the corn &
cut into thirds)
4 pounds of large fresh shrimp
8 stone crab legs or claws (about 2
pounds)
4 lemons (sliced) (garnish)
4 oranges (sliced) (garnish)
Parsley Sprigs
Soft butter for corn and potatoes

1. Bring water & old bay seasoning to a boil in a large stock pot
2. Add potatoes & sweet onions- cook at a simmer for 15 min.
3. Add sausage & cook for another 5 min
4. Add Corn & continue cooking another 5 min.
5. Add shrimp & crab claws- cook until shrimp becomes pink for 5 min.
6. Using a strainer lift the Frogmore Boil plus the spice mixture that clings onto a very large platter
7. Garnish with lemon & orange slices and a sprig of parsley
8. Serve with rolls.