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Frogmore Stew is considered a classic Low Country South Carolina dish. This dish is also known as Low-Country boil, Tidewater Boil, and Beaufort Boil. Frogmore Stew gets its name from a place that has only a post office on one side of the road and a two-story white country store on the other. Frogmore is the mailing address for the residents of St. Helena Island just off the South Carolina coast. The town was named by John Grayson, and early owner, named after his ancestral English country estate in England. Every coastal town seems to have their own version of this seafood boil.

Frogmore Stew has become a current favorite at some fancy restaurants in Charleston and some of the resorts along the Carolina coast. This seafood boil is usually served on paper plates around newspaper-covered picnic tables outdoors, with plenty of ice-cold beer.

History of Frogmore Stew: Beaufort historian, Gerhard Spieler believes that the recipe was the invention of local shrimpers who used whatever food items they had on hand to make a stew. Richard Gay of Gay Seafood Company also claimed to have invented Frogmore Stew. On National Guard duty in Beaufort in the 1960s, he was preparing a cookout of leftovers for his fellow guardsmen and he brought the recipe home to the community of Frogmore with him, putting out copies of the recipe at his seafood market and selling all the necessary ingredients.

Frogmore Stew Recipe:

Prep Time: 10 minutes, Cook Time: 15 minutes, Yield: 8 servings

Ingredients:

12 pack of good beer or 1 1/2 gallons water

Juice of one (1) lemon

Salt to taste

5-6 tbsp. Old Bay Seasoning (no less than 2 tbsp. crab boil seasoning per gal water)

Redskin new potatoes (depending on size, 3 or more per person)

2 lbs. spicy sausage (like andouille or kielbasa, etc.), cut into 1.5 inch slices

10 to 12 ears of shucked corn on the cob, broken into 3-inch pieces (approximately 2 per person)

3 - 4 lbs. uncooked shrimp in shell, preferably jumbo-size shrimp

Instructions:

In a very large stock pot over medium-high heat, add the beer (or water), lemon, salt, and Old Bay Seasoning; bring to a boil.

When the seasoned water comes to a boil, add redskin potatoes and boil for 10 minutes. Drink a beer.

Add corn and cook and continue cooking an additional 5 minutes (begin timing immediately, do not wait until water is boiling).

Add sausage and gently boil, uncovered, 5 minutes. Drink another beer.

Add shrimp and cook and additional 3 to 5 minutes longer. Do not overcook the shrimp. Remove from heat, drain and serve immediately.

Serve on paper plates with lots of paper towels or napkins and ice-cold beverages, plus melted butter for the corn, cocktail sauce for the shrimp, and sour cream or ketchup for the potatoes. Add a dish for the shrimp shells. This is hands on, messy dish; you'll need a whole handful of napkins or paper towels.

Yields 8 servings.