

Southern Crab Boil

1/2 cup old bay
2 tablespoons kosher salt
2 tablespoons ground black pepper
1 bay leaf
1/4 cup garlic powder
4 to 5 red potatoes
2 pcs half corn ears
4 pcs med shrimp peeled and deveined
1/2 cup salted butter
1/4 cup fresh chopped parsley
1 teaspoon thyme

Recipe

Fill Pot with water 3/4 full, add 1/4 cup oldbay seasoning, salt, pepper, bay leaf, garlic, and thyme: stir together and add potatoes.

Bring to a boil and simmer for 8 to 10 mins,
Then add corn and simmer for 5 mins.
Add shrimp and simmer until pink and tender.

Drain off water in strainer, remove bay leaf

Add butter to stock pot,
Melt butter, add in 2 tablespoons oldbay.
When butter is melted add potatoes, corn and shrimp and crab,
Toss to combine.

Sprinkle with Fresh parsley and serve.

Stew

2 tablespoons olive oil
4 cloves garlic or minced garlic
1 can (15 oz) can Italian diced tomatoes
1 cup clam juice
3/4 cup dry wine
1/2 teaspoon red pepper
1 lb skinned cod 1 inch cod
1 lb 31-35 fresh shrimp
1/3 cup basil
1/3 cup finely chopped parsley
1/2 cup lemon
Kosher Salt to taste
Garlic Bread

Recipe

In 8qt soup pot add olive oil and set to medium heat.
Let oil heat, then add garlic and saute for a few minutes.

Add tomatoes, stock, wine and crushed red pepper.

Let simmer for 5mins

Remove from heat,
Stir in basil, parsley, and lemon juice.

Add desired kosher salt to taste,

Top with Panko Crumbs and serve with garlic bread