

Low Country Boil

from Nancy Lusins

Allow per person: 1-2 small red potatoes
1-2 small ears of corn
1/2 - 3/4 pound shrimp

IN LARGE PAN : Cover potatoes with enough water so that when you add the corn; there is plenty of water, but not so much that it boils over.

The cooking time may vary with the amount you are cooking. The seasoning I used was Tony Chacheres More Spice Seasoning and I usually add 1 heaping tablespoon per pound of shrimp. The seasoning is added in the very beginning when you cook the potatoes; don't be afraid of too much seasoning. You can use any shrimp or crab boil seasoning.

Don't use the ones in the bag, because you want the spices to get into the corn and potatoes.

Don't be afraid to experiment to get the taste you really like. Some people add polish link sausage too. I never have because I thought it might make it greasy.

<http://www.lincolntent.com/GFCF-Meatless.html>