



Picnic recipes

SEAFOOD BOIL

From Amy Igloi

Ingredients:

- 1/2 cup Old Bay Seasoning
- 2 tbsp sea salt (favorites are pink Himalayan or white Celtic)
- 2 quarts water
- 2 quarts vegetable broth
- 1 12-oz can of beer (lager works well)
- 8 medium Yukon Gold potatoes
- 5 ears sweet corn, cleaned and broken in half
- 1 large yellow onion
- 1 head of garlic
- 2 lbs Andouille sausage
- 2 lbs fresh clams (Tom Farmer Oyster Co. has the best)
- 2 whole Dungeness crabs (have the grocery store clean them for you and break into halves)
- 3 lbs large shell-on prawns

2 lemons

Other items you will need:

- 1 large disposable aluminum pan
- 1 bag of charcoal
- Lighter fluid and lighter
- Crackers for cracking crab
- Paper towels

Instructions:

- Light coals and put aluminum pan on the grill. Pour water, vegetable broth and beer into pan. Bring to a boil and add Old Bay Seasoning and half the sea salt (save the rest to adjust seasoning to your liking).
- Cut potatoes into quarters, cut head of garlic into halves, cut onion into

quarters, cut sausages into slices, add to boil and let cook approximately 8 minutes.

- Add corn on the cob and fresh Dungeness crab and boil for another 5 minutes. Add prawns and fresh clams and cook for 4 minutes.
- Take pan off grill and set on picnic table.

Note: Feel free to add more Old Bay Seasoning and sea salt to taste. Squeeze fresh lemons over the top if desired. Grab your paper towels and Bon Appetit! Not only is this meal delicious and healthy, cleanup is easy. You can use the rest of the lemons to squeeze over your hands.