

CHAC Chef's Corner: Low Country Boil OBX-Style!

SEPTEMBER 2019

This classic Low Country Boil is served to Anglers immediately after the Salvo Spring and Fall Open Surf Fishing Tournaments, and it keeps em' coming back year after year!

When my colleague first approached me about hosting an intracub surf-fishing event at my cottage in Salvo, NC, my first thought was a skeptical, "Maybe." The concern was short notice and no time to socialize the event across the club.

But, when he suggested we cap off the event with a Low Country Boil, I was ALL-IN, and this has since become a mainstay for 2019 and beyond! If you boil it, they will come!

I'm the kind of person that remembers some of the details about everywhere I've been, but I remember all of the food!

Knowing the cast of characters that would be partaking, this was sure to be a memorable feast and a great excuse to fish!

This recipe recounts the actual ingredients and process used to feed our hungry anglers on that memorable Saturday night in August 2018, and the ensuing June and August 2019 OBX Country Boils were even better! These are "Open" events, so I hope you can join us in 2020 and beyond!

Logistics & Set-up:

After returning to my Salvo Cottage (aka Tournament HQ) following a full day of surf fishing, folks washed themselves and their gear, enjoyed tasty beverages, and "chilled" OBX-style around the grill while I prepped everything for the Boil. I put the tables, chairs, and modified turkey-cooker in place ahead of time (pot with handled inner cage on propane stand).

Ingredients:

5 lbs whole baby new potatoes (or simply cut larger red/new potatoes)
½ bag carrots, peeled and coarsely chopped
½ bag celery, coarsely chopped
1 head garlic, halved
4 large Jalapeño peppers, cut into strips
4 medium white onions, cut into quarters, sixths, or eighths based on size
10 ears of sweet white corn, halved or in thirds if big
5 lbs hot smoked Andouille link sausage, cut into 2-inch pieces
7 lbs large NC shrimp, head off, shell on
4 dozen fresh top neck baby clams, rinsed
5 quarts water – or about that anyway
1 PBR (The National Beer of Hatteras Island!)
1 (4-ounce) bag of Zatarains Crab Boil Seasoning
5 tablespoons Old Bay seasoning – plus a little extra for a dusting!
Tabasco, Lemon, Butter, and Old Bay



Hungry Anglers Jerry & Russell "volunteering" to test the food (August 2018)!



Round 1 ready for the Feast (June 2019)!

BONUS POT (June 2019): After Round 1, I kept the spiced pot on the boil and added a coarsely chopped cabbage, more corn, mussels, blue crab, and another 3 pounds of “head-on” shrimp...sort of an encore!



Tending the Bonus Pot!



Round 2 is served – The Bonus Pot!



Added Blue Crabs for the heck of it!

Directions:

Fire-up the propane under the modified turkey cooker, and add 5 quarts water, beer, and seasonings.

Add potatoes, carrots, onion, peppers, and garlic, cover the pot, and heat to a rolling boil; cook 5-10 minutes.

Add smoked sausage, corn, and clams, and return to a boil.

Cook 5 minutes or until potatoes are tender.

Add 5 lbs of shrimp to stockpot (sprinkling additional Old Bay as they layer-in); cook 2 to 4 minutes or until pink.

Drain by pulling the “cage” from within the pot and pour contents into 2 large serving trays (see pics below).

Pour remaining 2 lbs of shrimp into the stockpot, cook for 2-min, drain, and sprinkle over the 2 serving trays with additional Old Bay if desired. After all, you can never have too much shrimp!

Serve with lemon, Tabasco, butter, and Old Bay.

Serves 12-14.

NOTE: For the 2019 Bonus Pot, I added the crabs, mussels, corn, and cabbage first – then added shrimp at the very end!

Below are pictures taken just after the pot was drained and poured into serving trays during our inaugural June 2018 boil!



This simple and delicious one-pot meal is a perfect feast for hungry anglers that can be enjoyed outdoors in OBX!

Stay tuned for next month’s “Thanksgiving Special” in the CHAC Chef’s Corner

Contributed by: John Germanos, Cape Hatteras Anglers Club (CHAC)