

CLF12M



GILBERT R. BOUCHER II/DAILY HERALD

Add excitement to your next weekend gathering with a New Orleans-style seafood boil. Shrimp, crabs, lobster tail and crawfish cook amid sausages and garlic, corn and potatoes in a spicy broth.

Fish: 'Boil over' is unique to Door County

New Orleans Style Seafood Boil

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| 3-4 whole garlic bulbs cut in half crosswise | 2 onions, chopped |
| 2½ pounds whole log bologna, pierced | 8 ounces celery, chopped |
| 2½ pounds whole smoked andouille sausage, pierced | 1 cup crab boil powder (see note) |
| 2½ pounds red potatoes | 4 tablespoons liquid crab boil (see note) |
| 6 ears corn on the cob, cut in half | 2 tablespoons whole peppercorn |
| 10 pounds shrimp (size 16-20), shell and head on; or, 20 blue crabs; or, 10 lobsters (1 pound each); or, 10 pounds of crawfish | 4 bay leaves |
| | 6 tablespoons salt |
| | 2 tablespoons cayenne |
| Boiling liquid | Condiments |
| 2 gallons water | 1 quart remoulade sauce |
| 2 lemon, sliced | 1 quart cocktail sauce |
| 2 heads garlic, cut in half | 100 crackers |
| | 16 ounces whipped butter |
| | Salt and pepper shakers |
| | 30 grilled baguette slices |

Boil water, lemon, garlic, onion, celery, crab boil powder, crab boil liquid, peppercorn, bay leaves, salt and cayenne. After about 10 minutes, add, in a strainer to ease removal from the water, the garlic halves, bologna and sausage. Bring the water back to a boil. Reduce the heat to simmer until sausages are plump to the touch, 10-15 minutes. Remove garlic, bologna and sausage and serve with bread and crackers.

Bring the water back to a boil and add the potatoes and corn. Reduce the heat; simmer till done, about 15-20 min. Remove and eat.

Return water to a boil. Add seafood in the strainer; return to a boil for about 5-10 minutes until seafood is cooked (do not over cook). Strain.

Serve the seafood with sauces.

Serves 10 generously.

Cook's note: You can order crab boil powder and crab boil liquid at www.cajungrocer.com.

Editor's note: Zatarain's is a popular brand of crab boil powder and liquid. Other Web sites I searched suggested Old Bay Seasoning or a homemade mix of 1 teaspoon each of black peppercorns, mustard seeds, dill seeds, coriander seeds, cloves and allspice berries ground with a small piece of dried ginger and 3 dried bay leaves. Add some Cajun spice blend to give it a little kick.

Nutrition values per serving: 2,501 calories, 144 g fat, 149 g carbohydrates, 8 g fiber, 154 g protein, 968 mg cholesterol, 6,729 mg sodium.

Chef Brett Stein, Catering by Michael's, Morton Grove

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"An official Door County fish boil is water, salt, potatoes, onions and Lake Michigan white fish. Outside Door County people throw in carrots and corn," Peterson says.

The trademark of a Door County fish boil is the "fiery boil over." It's not just for show, Peterson claims.

Oil from the fish is released from the fish during cooking, comes to the top and turns a grayish brown. Not wanting to pull the fish through the oily muck, fuel is thrown onto the

wood fire. "The fire intensifies and the boil is so great that it just froths over," effectively flushing the oil away.

"I tell that story again and again and I'll never get tired of telling it," says Peterson, who at 65 says he's been directing fish boils since he was 10.

When you're cooking white fish for 150 people, a lot of oil accumulates, but if you're doing it at home, you don't have to do the boil-over step. Just use a strainer or colander to lift out the fish.

You can buy fish boil kits that include a stainless steel cauldron and basket for \$30 and up, depending on the size you want.

But Peterson says it can be done easily at home.

"Just put the pot on a couple of coffee cans filled with sand, start a fire under it and invite your neighbors over."

At-Home Fish Boil

- ½ pound salt, divided
- 2 gallons water
- 16 small red potatoes, trim the ends
- 16 small white onions, peeled
- 16 chunks of whitefish (2-inch pieces)

Add ¼ pound of salt to water and bring to a boil.

Add potatoes and boil for 16 minutes. Add onions and boil for 4 minutes more. Add fish and another ¼ pound salt, boil for 10 minutes.

Remove all ingredients with a colander and drain. Serve with melted butter, lemon and coleslaw.

Serves eight.

Nutrition values per serving: 213 calories, 6 g fat, 18 g carbohydrates, 2 g fiber, 21 g protein, 59 mg cholesterol, 57 mg sodium.

Viking Grill, Ellison Bay, Wisc.