

The Chef's Corner

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

OCTOBER 2018

This version of the classic Low Country Boil features ingredients provided by seven VBAC members during the inaugural Salvo Open surf fishing tournament!

When Jerry Hughes first approached me about hosting an intraclub 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 Jerry suggested we cap off the event with a Low Country Boil, I was ALL-IN!

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 VBAC 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, and should we decide to do this event again, I can’t wait to make next year’s OBX Country Boil even better!

Logistics & Set-up:

Each angler participating in the tournament signed-up to furnish a key ingredient, and I provided all “fill-in” ingredients, spices, cooking & serving hardware, facilities, etc. I also provided the cooking service ??

After returning to the 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).

Game on!

Ingredients:

5 lbs large red potatoes, cut into quarters or sixths – whole new potatoes are also excellent (Patty Searby)

½ bag carrots, peeled and coarsely chopped (JohnG)

½ bag celery, coarsely chopped (JohnG)

1 head garlic, halved (JG)

4 large Jalapeño peppers, cut into strips (Bill Frunzi)

4 medium white onions, cut into quarters, sixths, or eighths based on size (Patty Searby)

8 ears of sweet white corn, halved or in thirds if big (Jerry Hughes & Russell Willoughby)

5 lbs hot smoked Andouille link sausage, cut into 2-inch pieces (Bill Frunzi)

7 lbs large NC shrimp, head off, shell on (Vic Muron)

4 dozen fresh top neck baby clams, rinsed (Robbie Parks)



VBAC anglers Jerry Hughes and Russell Willoughby “volunteering” to test the food!

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5 quarts water – or about that anyway (Dare County Public Works!)

1 PBR (JohnG - the National Beer of Hatteras Island!)

1 (4-ounce) bag of Zatarains Crab Boil Seasoning (JohnG)

5 tablespoons Old Bay seasoning – plus a little extra for a dusting! (JohnG)

Tabasco, Lemon, Butter, and Old Bay (JohnG – I made cocktail sauce, but it never left the fridge!)

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.

(Yes, we had plenty of quality leftovers since there were only 8 of us, even after folks had seconds and thirds!)

Below are a couple of pictures taken just after the pot was drained and poured into serving trays.



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 VBAC Chef's Corner

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