

GOURMET FISHING

Season II - Episode XX



INFO-SHORTS



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Frogmore Stew

A True South Carolina
Lowcountry Original



Host, Chef & Guide, David Murray





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Grocery List Lobster Stock

Celery Seed
Black Pepper Corns
Whole Bay Leaves
Cardamom
Mustard Seeds
Whole Cloves
Paprika
Mace
Salt
Granulated Garlic
Lime Juice Powder



Seafood Seasoning - Super Short Episode 6

Seafood Seasoning

Seafood Pluff Mud Rub



1 Tbs Celery Seed

1 Tbs Black Pepper Corns

4 Whole Bay Leaves

1/2 tsp Cardamom

1/2 tsp Mustard Seeds

4 Whole Cloves

2 tsp Paprika

1/4 tsp Mace

1 tsp Salt

1 tsp Granulated Garlic

1/2 tsp Lime Juice Powder

Combine in a spice grinder or small food. Pulse 4 to 6 times for about 1 second per pulse. Check after 4 pulses for the consistency you desire. Do not over pulse. This will create a powder. Place in an air tight container.

Hope y'all enjoy...





Grocery List

Frogmore Stew

Water

Salt

Seafood Seasoning *or Old Bay*

Worcestershire Sauce

New Potatoes

Corn on the Cob

Sausage

Shrimp



Frogmore Stew

Single Serving



Water

1/4 cup Worcestershire Sauce

4 New Potatoes

1 Ear Of Corn, cut in halved

1/2 lbs or 1/2 link of Sausage,
cut into bite-size pieces

1/2 lb Fresh Shrimp

1/2 Lemon

Fill your pot half full of water, add Wooster and Old Bay Seasoning to taste. About 2 Tbs of the Old Bay. You may want more or less.

Bring water to a boil. Add the potatoes cook for 5 minutes. Add the Sausage and cook for another 5 minutes. Add the corn and cook for another 10 minutes. Turn off the heat and add the shrimp and let sit covered for about 3 minutes until they turn pink.

Dump out the stew and enjoy...



Frogmore Stew

30 Servings with Friends & Family



Water

6 Bag of Crab Boil or 1 Cup Seafood Seasoning *Old Bay or similar*

2 Cups Worcestershire Sauce

15# New Potatoes

10# Corn

10# Sausage cut in 2" pieces

15# Shrimp

8 Lemons halved

Fill your pot half full of water, add Wooster and Old Bay Seasoning to taste. About 2 Tbs of the Old Bay. You may want more or less.

Bring water to a boil. Add the potatoes cook for 5 minutes. Add the Sausage and cook for another 5 minutes. Add the corn and cook for another 10 minutes. Turn off the heat and add the shrimp and let sit covered for about 3 minutes until they turn pink.

Dump out the stew and enjoy...





Grocery List

Wassabi Seafood Cocktail Sauce

Ketchup

Wasabi Powder

Cold Water

Soy or Teriyaki Sauce



Wasabi Seafood Cocktail Sauce



1/2 Cup Ketchup

2 Tbs Wasabi Powder

2 Tbs Cold Water

1+ Tbs Soy or Teriyaki Sauce

(You can use 2 Tbs of prepared Wasabi paste)

Mix the wasabi powder and cold water together to form a paste. Let the paste sit for at least 10 minutes

Add the ketchup to a bowl, add the wasabi paste and the soy or teriyaki sauce. Using a whisk, combine all of the ingredients thoroughly until they are all combined.

Now you are ready to serve your cocktail sauce with your favorite seafood.

If you are not familiar with the potency of the wasabi paste, you may opt to try this recipe with only 1 Tbs of the paste. If you feel it needs more add the other Tbs. It's hard to remove when it's all ready mixed...

Hope y'all enjoy...



Gourmet Fishing



We catch fish, and then, We cook our catch...

Salt Marsh Sauces & Rubs
HANDCRAFTED South Carolina

RED PLUFF MUD SAUCE
BBQ Sauce & Marinade

FROM A TOMATO PLANT

From the deep south and the South Carolina Low Country Coast comes the Salt Marsh Sauces and Rubs. Crafted from the soul, I deliver you the best red pluff mud you can find.

Made in the USA and the Low Country of South Carolina, your yellow pluff mud will make everything taste good.

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Salt Marsh Apparel
PO Box 771 Goose Creek, SC 29445

Salt Marsh Sauces & Rubs
HANDCRAFTED South Carolina

YELLOW PLUFF MUD SAUCE
BBQ Sauce & Marinade

FROM A TOMATO PLANT

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Made in the USA and the Low Country of South Carolina, your yellow pluff mud will make everything taste good.

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THE ORIGINAL
**SALT MARSH
DIRT SHIRT**

Salt Marsh Galleries
Charleston, South Carolina