

Frogmore Stew ... or ... Low Country Shrimp and Andouille Stew

Yield: 6 serves

From Hugh Acheson: My take on this classic Southern seafood boil was partly inspired by a recipe in Hoppin' John Taylor's first book, Hoppin' John's Lowcountry Cooking. Rather than using the cooking liquid just as a cooking medium, I make it into a brothy meal, much like a bouillabaisse or cioppino. Make it as spicy as you want with the addition of some nice smoky chiles, such as chipotles. Old Bay seasoning is one of the few shortcuts we ever take in the restaurant, but it's tried and true.

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 leek, large, white part only (cleaned and thinly sliced)
- 1 cup chopped fresh tomatoes (2 good Roma per cup)
- ¾ cup finely diced celery (roughly 1 rib per quarter cup)
- 6 cloves garlic (minced)
- ½ tablespoon chopped fresh thyme leaves
- 1 cup dry white wine
- 1 cup tomato juice
- 3 cups fish stock (or clam juice in a pinch)
- 18 baby red or purple potatoes (boiled until fork-tender)
- 3 ears of corn (shucked, fire roasted, then kernels cut off the cobb)
- 1 pound andouille sausage
- 1 teaspoon Old Bay Seasoning (portion 1)
- ½ teaspoon Old Bay seasoning (portion 2)
- ½ teaspoons kosher salt (portion 1)
- ½ teaspoons kosher salt (portion 2)
- ½ teaspoons kosher salt (portion 3)
- 1 pound fresh large shrimp (heads off (peeled but with the very end of the tail shell intact)
- 1 cup arugula (lightly chopped)
- 2 tablespoons unsalted butter
- 1 tablespoon chopped fresh flat-leaf parsley
- 3 lemon rounds (1/8" thick, seeds removed)
- 6 thick slices of grilled country bread (for serving)



Method

1. Place a medium to large pot with a lid over medium heat. Once hot, add the olive oil, then the leeks. Sauté until just translucent, about 3 minutes. While doing this, toss the shrimp with Old Bay and Salt (Portion 1 of each), then set aside to absorb those flavors.
2. Add the tomatoes, celery, garlic, and thyme. Sauté for 3 more minutes.
3. Add the white wine; reduce by half. Then add the tomato juice, fish stock, potatoes, corn, and sausage. Cook for 5 minutes.
4. Add Old Bay and Salt (Portion 2 of each) and let simmer for 2 min.
5. Add the shrimp to the pot, cover with a lid, and cook for 5 minutes, until the shrimp are cooked through and turn shiny white.
6. Add the arugula and butter. Stir into the shrimp stew. Simmer for 1 minute.
7. Add the parsley and lemon and season with the remaining portion of salt
8. Ladle the stew into 6 bowls and garnish with a slice of grilled bread for sopping up the broth.

Notes

Original recipe from Hugh Acheson, but
modified for my family.