

Cajun Shrimp Boil Recipe

A la Chris Pilon & Kevin Ferrie

The key to the boil is that you want everything to be done at the same time. You can add whatever you want to the boil but only boil for as long as it takes to cook whatever takes that longest to cook. For example, in this recipe, the potatoes take 20 minutes to cook, so that is as long as you should cook the whole thing. Throw the other ingredients in to the pot so that they will all be done at the same time. You can adjust the quantity of Shrimp and Sausage according to the taste of the crowd. Actually, you may want to adjust the quantity of potatoes and mushrooms as well. As a general rule, you want one piece of corn for each person.

As for the spices, we like to use the Cajun Hot Crab Boil from CajunFry.com. (Mild works as well) Then I might add some cayenne pepper and/or some crushed red peppers. We have also used Zatarain's Crab Boil in a bag. For this much food we would use 2 bags. Be careful stirring the pot so that you don't break the bag(s). Optionally, Old Bay Seasoning can be added to taste or use a bottle of Zatarain's Liquid Boil.

Ingredients

Here are recommended quantities for 30 people.

8-10 pounds shrimp (raw, peeled and de-veined)
6-8 pounds of Sausage – sliced into 1/2 inch pieces
6-8 pounds small red skin Potatoes
6 large Onions - quartered
3-4 pounds of Mushrooms
30 pieces of Corn (10 ears)
2 pounds of peeled Garlic
5 Lemons - halved
1/2 stick of Butter

Optional:

1-2 bags baby Carrots
1 stalk of Celery
1/2 stick of Butter

Optional Sauce:

Mayo
Ketchup
Mustard
Horseradish

Boiling Instructions

Fill the pot to be around 25-30% full of water, add the spices and butter. Squeeze the lemon halves into the pot, and then drop them into pot. Bring to a boil.

When the pot boils:

Elapsed boil time

Drop the onions, 2/3 garlic, potatoes and sausage. **0 minutes (boiling starts)**

Boil about 10 minutes

Drop the carrots, 1/3 garlic **10 minutes**

Boil another 5 minutes

Drop the celery and corn. **13 minutes**

Boil for 2 minutes.

Drop the shrimp. **15 minutes**

Boil for 3 minutes.

Drop the mushrooms. **18 minutes**

Boil for 2 minutes.

Finished **20 minutes**

Check the potatoes and shrimp to make sure they are done. If they are then cut the heat and add some ice to stop the cooking process.

Then let the pot sit for 15 to 20 minutes before removing the food from the boil and serving. The longer the pot sits, the hotter it gets. Depending on how hungry the group is you can server right away. But you lose the whole "Cajun" flavor if you server the food too soon.

Note about Corn:

If you use fresh corn, cut the fresh ears into thirds and cook for 7 minutes. If you use the frozen corn then you only need to cook it for 5 minutes. If it is thawed then you only need to cook it for 3 minutes.

Note about Shrimp:

Some people prefer unpeeled shrimp. If unpeeled is used, you must add at least a stick of butter to help the shrimp peel easier. Also, if the pot is going to be sitting for a while, you can add a ½ jug of salt.

Cajun Dipping Sauce

A little more than 1/2 a jar of Mayo

1/3 cup ketchup

1/4 cup Mustard

1/3 of a small bottle of Horseradish – (I use the prepared Horseradish)

1 T of Crab Boil Seasoning

You can add more or less of any of the ingredients based on taste. It helps to cut the heat of the food. It is like a shrimp cocktail sauce but I like it with more mustard and ends up a lighter color. Add more mayo if you need to cut the flavor. If you can not taste the seasoning or horseradish add more. I have not measured all the ingredients so these are all approximate amounts although it should be close. After making the sauce it can be stored in an empty ketchup bottle, both for easy of storage and easy of serving.

Optional Ingredients and instructions:

Chicken - can be used in addition to or instead of the shrimp. If you have people that are allergic to shell fish you can use two pots. If you have kids that might not eat the shrimp you can also add chicken breasts to the original recipe. Cut the breast into pieces that are bigger then bite size but not 1/2 a breast, that way they will not fall apart in the boil. Depending on the size of breast used cut it into 4 or 5 pieces. Then add the chicken at the same time as the carrots. (at the 10 minute mark)

Pineapple – can be used. Buy a whole pineapple and after the people have been served cut the top off and cut it into quarters. Then remove the core from each quarter and drop the quarters into the boil. Let them soak for 15 minutes or so to pick up the flavor. Then cut them into slices. I leave the outside of the pineapple on so that as you cut it into slices, people can hold on to it as they eat. You can drop the quarters in two at a time if needed.