



## Frogmore Stew

*Serves 4*

*Ingredients...*

- 8 each Jumbo 12-count Shrimp, peeled & deveined (with tail on)
- 8 oz. (about 10 pieces) Halibut, diced (any white fish will suffice)
- 8 each "Diver" Sea Scallops, dry packed
- 2 tsp Kosher Salt
- 2 tsp Fresh Ground Black Pepper
- 3 T Olive Oil
- 4 each Celery Ribs, medium dice
- 1/2 Sweet Onion, medium dice
- 8 each Oysters, shucked
- 8 each Clams
- 12 each Red Potatoes, small (par cooked until tender)
- 16 each Baby Carrots (par cooked until tender)
- 1 each Yellow Corn Ear (par cooked until tender), cut into 12 coins
- 20 each Green Beans (par cooked until tender)
- 16 fluid oz. Clam Juice
- 8 T Butter, unsalted
- 1/2 bunch Fresh Parsley, roughly chopped

*To Prepare...*

Pre-heat a large cast iron skillet or ceramic rondeaut to high heat. Meanwhile, season shrimp, fish and scallops with salt and pepper. Add olive oil to hot pot and sear shrimp, fish and scallops.

Turn over after about 2 minutes and immediately add celery and onions.

Cook for an additional 2 minutes.

When the seafood is cooked through, add oysters, clams, potatoes, remaining par cooked vegetables and clam juice. Cover and simmer until all ingredients are cooked through and clams are open, about 8 minutes. Add butter and stir until melted.

Separate ingredients into four large serving bowls and garnish with fresh chopped parsley.

Serve with favorite pepper oil or hot sauce.