



NUTRITION per serving 55g carbohydrates 46g fat 61g protein 1601mg sodium | gluten-free, soy-free, nut-free



Calories
854



Prep & Cook Time
35-45 min.



Cook Within
3 days



Difficulty
Easy



Spice Level
Mild



HOME CHEF

PREMIUM (2 SERVINGS SHOWN)

Backyard Seafood Boil

with lobster, shrimp, and spicy sausage

IN YOUR BOX

12 oz. Red Potatoes
5 Parsley Sprigs
1 Lemon
2 Ears of Corn
2 Spicy Bratwurst
1 Lobster Tail
16 Shrimp
2 Tbsp. Old Bay Seasoning
1.2 oz. Butter

IN YOUR KITCHEN

Olive Oil
Salt
Colander
Large Pot
Small Pan
Wire-Mesh Strainer

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Place a colander in the sink
- Place a wire-mesh strainer in the sink

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** Old Bay seasoning is used twice. Most goes in **boil**, and a pinch is reserved for garnish.
- **Lobster tail** is done cooking when bright red. Once done, allow to cool slightly, then use a sharp knife to split tail down spine.

FROM THE CHEF

A traditional seafood boil is a community event. People gather and enjoy this meal drained and dumped onto a newspaper-lined table.

Did you know...

Old Bay is a zesty blend of celery salt and other spices that has been synonymous with seafood since it was invented by German immigrant Gustav Brunn in 1939.



1

Prepare the Ingredients

Quarter **potatoes**. Mince **parsley**, both stems and leaves. Halve **lemon** lengthwise. Cut one half into two wedges and juice other half. Shuck **corn cobs** and rinse. Rinse **lobster tail**, **sausages**, and **shrimp** and pat dry.



2

Sear the Sausages

Heat 1 tsp. **olive oil** in a large pot over medium heat. Add **sausages** to hot pot and cook 2-3 minutes on two sides, or until golden brown. Remove from pot and set aside. Sausages will finish cooking in later step (no need to wipe pot clean).



3

Start the Boil

Add 6 cups **water**, **Old Bay seasoning** (reserve a pinch for garnish), ½ tsp. **salt**, **lemon juice**, and **potatoes** in pot used for searing sausages and bring to a boil. Boil 8 minutes to infuse flavors into broth.



4

Finish the Boil

Return **sausages** to infused broth along with **corn** and boil 5 minutes. Add **lobster tails** and boil 3 minutes. Add **shrimp** and boil an additional minute, or until sausages reach a minimum internal temperature of 160 degrees and shrimp and lobster tail reach a minimum internal temperature of 145 degrees. *Staggering additions of sausage, shrimp, and lobster ensures everything will finish cooking at same time.*



5

Clarify the Butter

While boil is cooking, add **butter** to a small pan over medium-low heat. Once melted, there will be a white film (milk solids) on top. Strain butter through a wire mesh strainer into a heat-resistant bowl and discard milk solids (clarifying helps butter remain liquid over time). *If you don't have a wire-mesh strainer, use a spoon to skim foam from top of melted butter and carefully pour clarified butter into bowl, leaving behind solids at bottom of pan.*



6

Plate the Dish

Drain **boil** in colander and discard broth. Place colander on a clean plate and set on table. Garnish with remaining **Old Bay**, **parsley**, and a squeeze of **lemon**. Place **butter** in a dish and enjoy this boil family-style.