

CRAB and SHRIMP STEW with Rice

Makes 12 Servings

Preparation: 30 minutes , Cook Time: 1 1/2 hours

Yield: 2 quarts

1 1/2 sticks buter, salted	8 eachs crabs, whole
1 cup onion, diced	1 cup CPSF Seafood Boil
1/2 cup green bell pepper, diced	3 eachs lemons
1 teaspoon CPSF vegetable seasoning	2 pounds shrimp, peeled, deviened 31-40 count
1 teaspoon garlic, minced	2 tablespoons CPSF Chargrille
1 tablespoon seafood base concnetrate or *2 cups seafood stock	1 teaspoon cornstarch
2 cups water	1/4 cup parsley, flat
	3 cups rice, medium grain, prepared

Assure all ingredients in stock. Use pre-boiled crabs, boiled in clear water. Boil until bright red and some crabs begin to float, approximately 5-7 minutes. Drain and place in a covered container to steam. Squeeze lemons to cover crabs with juice, stir and sprinkle with CPSF Seafood Boil then stir and cover, steaming approximately 5-7 minutes. Prepare crabs for stew by cleaning; removing backs, spines and unwanted parts. Break crab bodies into 4 pieces, pinchers on or off.

Prepare stew base by adding 1/2 stick of butter to a large roaster style pot, having a tight fitting lid. Heat until melted then add onions. Sautee' until soft then add bell pepper and continue to sautee', with some browning, stirring often. Season with CPSF Vegetable Seasoning and garlic. Stir, lower heat and add crab sections, mixing gently. Add lid securely and simmer on low heat for 5 minutes to release the natural liquids from the crabs. Meanwhile prepare shrimp, completely defrosted, by tossing in CPSF Chargrille Seasoning. Let stand at room temperature for 5 minutes, encouraging a natural liquids to seep. Drain shrimp, capturing and reserving all the liquids. Add shrimp and remaining butter to the pot, stir gently and cover again to release more juices into the stew. Add seafood base and water, or seafood stock, to the reserved shrimp liquids. Stir to blend well and add 1 teaspoon of corn starch, using a wire whip to blend well. Increase heat of stew to medium - high and stir in the shrimp stock mixture, moving gently around seafoods. Taste for desired seasoning, adding more CPSF Chargrille if desired. Heat until thickening begins then add chopped parsely and turn off heat. Serve over prepared rice. Sure makes me miss my grandmother, hers was the best!