

Treasure Barrel

# Cajun Seafood Boil Recipe With Savory Flavors

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| **20 min**<br>Prep time | **30 min**<br>Cook time | **50 min**<br>Total time |
| **6**<br>Servings | **Easy**<br>Difficulty | **Cajun**<br>Cuisine |

## Ingredients

### The Broth Base

- [ ] 2 tablespoons olive oil
- [ ] 1 large yellow onion, chopped
- [ ] 4 cloves garlic, minced
- [ ] 1 pound beef sausage (like andouille style), sliced into coins
- [ ] 1/4 cup Cajun seasoning
- [ ] 8 cups water or seafood stock
- [ ] 2 tablespoons hot sauce (like Crystal or Louisiana)
- [ ] 2 bay leaves

### The Boil

- [ ] 1.5 pounds small red potatoes, halved if large
- [ ] 4 ears corn, shucked and broken into 3-inch pieces
- [ ] 1 pound large shrimp, raw, shell-on
- [ ] 1 pound snow crab clusters, thawed
- [ ] 1 lemon, juiced
- [ ] 1/4 cup fresh parsley, chopped
- [ ] Salt to taste

## Instructions

1. Get your big pot ready. Heat the olive oil over medium-high heat. Add the sliced beef sausage and let it cook for about 4-5 minutes, until it's nicely browned a bit. You'll love that smoky smell. Then, add the onion and garlic and cook for another 3-4 minutes, until they've softened up and the whole kitchen smells incredible.

2. Now, sprinkle in the Cajun seasoning. Stir it around for just 30 seconds or so—this toasts the spices and really wakes up their flavor. Then, carefully pour in the water or stock, along with the hot sauce and bay leaves. Bring this all to a good, rolling boil.

3. Once it's boiling, add the potatoes. Let them cook for about 10 minutes. You want them to be just starting to get tender, but not fully cooked yet. Then, add the corn pieces and cook for another 5 minutes.

4. Time for the seafood. Gently add the crab clusters and the shrimp. Give it one gentle stir to submerge everything. Let it cook for about 4-5 minutes, just until the shrimp are pink and curled and the crab is heated through. Be careful not to overcook it!

5. Turn off the heat. Stir in the fresh lemon juice and most of the parsley. Taste the broth and add a bit of salt if you think it needs it. Carefully drain most of the broth (you can save a cup or two for dipping), and then transfer the whole glorious boil to a huge serving platter. Sprinkle with the remaining parsley and serve immediately. Dig in!

## Nutrition per serving

| 480 kcal | 45 g | 35 g | 18 g |
| --- | --- | --- | --- |
| Calories | Protein | Carbs | Fat |

### Tips & notes

- Don't be shy with the seasoning! The potatoes need that well-salted water to be flavorful.
- This is a great recipe to double if you're feeding a big crowd. Just use a bigger pot.
- Leftovers will keep in the fridge for 2 days. Reheat gently on the stovetop.