

Treasure Barrel

Cajun Seafood Boil with Garlic Butter Sauce

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Medium** Difficulty	**Cajun** Cuisine

Ingredients

Seafood Selection

- [ ] 1 lb large shrimp, peeled and deveined
- [ ] 1 lb mussels, scrubbed and debearded
- [ ] 1 lb scallops
- [ ] 1 lb crab legs or clusters (optional)

Cajun Garlic Butter Sauce

- [ ] 1 cup unsalted butter
- [ ] 8 garlic cloves, minced
- [ ] 2 tbsp Cajun seasoning
- [ ] 1 large onion, chopped
- [ ] 4 cups seafood stock or water
- [ ] 2 lemons, sliced
- [ ] 1/4 cup fresh parsley, chopped

For Serving

- [ ] Crusty bread or baguette
- [ ] Extra lemon wedges
- [ ] Hot sauce (optional)

Instructions

1. First, let's get everything prepped - it makes the cooking so much smoother. I take my largest stockpot and set it on the stove, then start preparing the seafood. For the shrimp, I peel and devein them, leaving the tails on if I'm feeling fancy. The mussels get a good scrub under cold water, and I check that their beards are removed. Pat everything dry with paper towels - this helps the sauce cling better later.

   While I'm working, I mince the garlic until it's fine but not paste-like, and chop the onion into rough chunks. There's something so satisfying about the rhythm of prep work - the sound of the knife on the cutting board, the smell of fresh garlic filling the air. I measure out the Cajun seasoning into a small bowl, admiring the colorful blend.

2. Now for the sauce base - this is where the magic happens. I melt the butter over medium heat, watching it foam and sizzle gently. When it's fully melted, I add the minced garlic and stir constantly for about 30 seconds, just until it becomes fragrant but not browned. That smell? Pure heaven.

   Next, I sprinkle in the Cajun seasoning and stir it into the butter-garlic mixture. I let it cook for another minute, watching the spices darken slightly and release their essential oils. This toasting step is crucial - it transforms the spices from raw to deeply flavorful. Then I add the chopped onions and cook until they're soft and translucent, about 5 minutes.

3 Time for the boil! I pour in the seafood stock or water, and it hits the hot pan with a satisfying sizzle. I turn up the heat to bring it to a rolling boil, then add the sliced lemons. The liquid will turn this beautiful golden-orange color from the spices, and the aroma becomes incredible.

I start adding the seafood in stages - mussels and crab first since they take longest to cook. After 2-3 minutes, when the mussels start to open, I add the shrimp. Then finally, the delicate scallops go in last. I give everything a gentle stir to coat in the sauce, being careful not to break the tender seafood.

4 The final touches make all the difference. Once all the seafood is cooked through (shrimp pink and curled, mussels open, scallops opaque), I turn off the heat immediately. I stir in the fresh parsley, which adds this bright, fresh note that cuts through the richness.

I let it sit for just a minute off the heat - this allows the flavors to marry and the seafood to finish cooking gently. Then I pour the entire glorious contents onto a large platter or straight onto the newspaper-covered table. The steam rises, carrying that amazing aroma, and everyone gathers around ready to dive in.

Nutrition per serving

420 kcal	32 g	12 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat seafood dry thoroughly before cooking for better sauce adhesion and flavor
- Adjust spice level by increasing or decreasing Cajun seasoning to taste
- Serve immediately - seafood is best eaten fresh from the pot
- Don't discard the sauce! It's incredible poured over rice or pasta the next day
- Add corn on the cob or potatoes during the boil for a complete meal