

## MENU

### *Frogmore Stew*

SERVES 12

*Sangria*

*Crab Poppers*

*Cheddar Cheese Ring*

*Frogmore Stew*

*Tomato and Cucumber Salad*

*Gifts and Talents Corn Muffins*

*Key Lime Pie*

## GAMEPLAN

### Monday

- Shop for non-perishables

### Friday

- Prepare Cheddar Cheese Ring
- Prepare Key Lime Pie except for meringue

### Saturday

*Early in the day . . .*

- Start Sangria
- Prep Crab Poppers; prepare sauce
- Prep Frogmore Stew
- Prepare Corn Muffins
- Add meringue and bake Key Lime Pie, 350° for 10 min. Chill.

*5:00*

- Prepare Tomato and Cucumber Salad

*5:30*

- Add strawberries to Sangria
- Get dressed – enjoy dressing drink!

*6:30*

- Complete Crab Poppers and bake, 400° for 10 min
- Complete Cheddar Cheese Ring
- Add Sprite to Sangria

*7:30*

- Complete Frogmore Stew: boil corn, 5 min; bake stew 400° for 10–15 min plus an additional 5–10 min
- Warm Corn Muffins

*8:15 – 8:30*

- Serve and enjoy!

# *Frogmore Stew Dinner*

## SHOPPING LIST

### **Produce**

- Lemons, 6
- Limes, 5
- Red apples, 2
- Strawberries, 2 cups
- Mini red bell peppers, 3
- Green onions, ¼ cup chopped
- Onion, 1 med
- Garlic, 1 clove
- New potatoes, 4 lbs
- Corn, 13 ears
- Italian parsley, ½ cup chopped
- Tomatoes, 4–6 lg
- English cucumbers, 3

### **Meat, Seafood**

- Jumbo lump crabmeat, 16 oz
- Kielbasa, 4 lbs
- Clams, 4 dozen
- Shrimp, 4 lbs 21–30 ct or larger

### **Baking, Spices, Nuts**

- Cayenne pepper, ⅛ tsp
- Old Bay Seasoning, ½ cup
- Dried mint, 2 tbsp
- Jiffy Corn Muffin Mix, 3 8.5-oz boxes
- Pecans, 1 cups chopped
- Sweetened condensed milk, 1 14-oz can
- Cinnamon, ¼ tsp
- Cloves, ¼ tsp
- Nutmeg, ¼ tsp
- Cream of tartar, ¼ tsp

### **Packaged**

- Sprite, 64 oz
- Unseasoned panko bread crumbs, 1 cup
- White corn, 1 14-oz can
- Tabasco, ½ tsp
- Strawberry jam, 1 cup
- Crackers
- Creamed corn, 1 14.75-oz can
- Graham crackers, 1 box

### **Dairy**

- Eggs, 10
- Cheddar cheese, 1 lb block
- Sour cream, 8 oz
- Heavy cream, 1 pint + ½ pint optional

### **Alcohol**

- White wine, 2 bottles chardonnay or pinot grigio
- Light rum, 1 cup

### **On Hand . . .**

- Salt
- Pepper
- Cooking spray
- Mayonnaise, 1¼ cups
- Butter, 3 sticks
- Red wine vinegar, 1½ cups
- Vegetable oil, 1 cup
- Sugar, ⅔ cup

# SANGRIA

SERVES 12     Nikki Sessoms

In a large pitcher, add lemon slices, apples, wine, and rum. Cover and refrigerate for 4–5 hrs.

An hour prior to serving, add strawberries.

Immediately before serving, add Sprite. Serve over ice.

## DEEDEE'S NOTES:

- For the white wine, we chose a medium-priced chardonnay – remember my second-shelf guideline on p. 47 of the guide. You could also use a pinot grigio.

## INGREDIENTS

4 lemons, sliced

2 red apples, cored and sliced

2 750-ml bottles white wine

1 cup light rum

2 cups strawberries, hulled and sliced lengthwise

8 cups Sprite



*This Sangria is for people who don't think they like Sangria . . . like me!*

*It is colorful, fun, and not too sweet.*

*The night we served it, we didn't have one drop left!*

# CRAB POPPERS

SERVES 10–12 Nikki Sessoms

Spray mini muffin pan with cooking spray.

Sprinkle muffin cups with half of bread crumbs.

Combine crabmeat, bell pepper, corn, mayonnaise, green onions, egg, pepper, and salt. Gently mix well. Sprinkle remaining bread crumbs over crabmeat mixture and gently stir in.

Fill muffin cups with mixture. Bake at 425° for 10 min or until golden brown.

Allow poppers to set for 2–3 min before removing from pan. Do not cover.

To make sauce, combine mayonnaise, lemon juice, and cayenne pepper.

Serve poppers warm with sauce.

## DEEDEE'S NOTES:

- Popper mixture may be prepared earlier in the day, except for the bread crumbs. Add bread crumbs just prior to filling muffin pans. Sauce may be prepared earlier in the day. Refrigerate both popper mixture and sauce.
- The higher the quality of the crabmeat, the better the taste. I recommend Phillips Jumbo Lump Crabmeat.



## INGREDIENTS

### POPPERS

- 1 cup unseasoned panko bread crumbs, divided*
- 16 oz jumbo lump crabmeat, drained*
- 3 mini red bell peppers, finely chopped and patted dry*
- 1 cup drained canned white corn*
- 6 tbsp mayonnaise*
- ¼ cup finely chopped green onions*
- 1 egg, lightly beaten*
- 1 tsp freshly ground pepper*
- ½ tsp salt*

### SAUCE

- 6 tbsp mayonnaise*
- Juice from 1 lemon*
- ⅛ tsp cayenne pepper*

# CHEDDAR CHEESE RING

SERVES 10–12 Nikki Sessoms

Mix all ingredients together except strawberry jam. Form into ring. Place on plate and pour jam over. Serve with crackers.

## DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day or 1–2 days in advance; pour jam over just before serving. Refrigerate.
- I recommend grating the cheese yourself rather than buying pre-grated cheese. This will help your ring hold together and give it a smoother texture.

## INGREDIENTS

1 lb cheddar cheese, grated  
1 cup pecans, chopped  
¾ cup mayonnaise  
1 med onion, grated  
1 clove garlic, minced  
½ tsp Tabasco  
1 cup strawberry jam, stirred to loosen  
Crackers



*This retro recipe is a perfect colorful addition to this menu  
and balances the seafood taste of the Crab Poppers.*

# FROGMORE STEW

SERVES 12–16 Wayne Sessoms

In a small bowl, combine 1 stick melted butter, Old Bay seasoning, and salt and pepper to taste.

In a very large pot, boil potatoes for 5 min, then add corn to pot and boil 5 min more. Drain.

In 2–4 rectangular pans, combine potatoes and corn with sausage. Toss with half the seasoned butter mixture. Cover tightly with foil and bake at 400° for 10–15 min.

Add shrimp, clams, remaining seasoned butter mixture, and the second stick of butter, melted. Recover pans. Cook an additional 5–10 min, until shrimp and clams are done.

To serve, garnish with lemon slices and parsley.

## DEEDEE'S NOTES:

- Recipe may be prepped in advance. You may prep all the ingredients except the corn, which should be boiled just prior to transferring to pans. If boiling the potatoes in advance, toss with a small amount of olive oil to keep them from turning brown.
- This recipe allows for you to adjust the seasoning. I caught my brother-in-law sprinkling a little extra Old Bay, salt, and pepper into the pans!
- The number of rectangular pans you'll need depends on the size of the pans. We use four 13½ x 9⅝ disposable aluminum foil pans to make cleanup at the beach easier.
- To serve, we pour the Frogmore Stew on newspaper or freezer paper down the middle of the table. If you do this, make sure you have sufficient layers under the paper to protect your table.

## INGREDIENTS

2 sticks butter, divided

½ cup Old Bay seasoning

Salt and pepper

4 lbs red potatoes, halved or quartered

13 ears corn, cut into thirds

4 lbs kielbasa sausage, cut into ¼-inch slices

4 dozen clams

4 lbs lg shrimp, peeled with tails left on

2 lemons, sliced

½ cup chopped Italian parsley



*My brother-in-law makes this crowd-pleasing Frogmore Stew (a variation on a low-country boil) for all our family beach trips. He has adapted the recipe so you can prepare it in the oven instead of on the stovetop – much easier for a large crowd.*

# TOMATO AND CUCUMBER SALAD

SERVES 12     Wayne Sessoms

Combine all the ingredients, adding salt and pepper to taste. Add additional mint to taste.

## DEEDEE'S NOTES:

- Recipe may be prepped 1–2 hrs in advance. Just prior to serving, mix with vinegar, mint, salt, and pepper.
- You may substitute Kirby or Persian (mini) cucumbers for English cucumbers. You will need more cucumbers since both of these varieties are smaller.
- You don't need to prepare this recipe according to precise measurements. It's simply a mix of the ingredients listed. You can season to taste.

## INGREDIENTS

*4–6 lg tomatoes, cut into wedges*

*3 English cucumbers, peeled and sliced*

*2 tbsp dried mint*

*1½ cups red wine vinegar*

*Salt and pepper*



# GIFTS AND TALENTS CORN MUFFINS

YIELDS 24 MUFFINS    Anne Tomlinson, *Gifts and Talents*

Mix all ingredients and pour into 24 muffin cups sprayed with cooking spray or lined with muffin papers. Bake at 400° for 20–25 min or until brown.

Serve room temperature or warm with butter.

## DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day.
- You may also make mini muffins; bake about 15–18 min. This is also very good as cornbread made in cast-iron skillets; bake about 50 min for one 12-inch skillet or 35 min for 2 8-inch skillets.
- Increases well. Freezes well.

## INGREDIENTS

3 8.5-oz boxes *Jiffy Corn Muffin Mix*

1 14.75-oz can *creamed corn*

1 cup *vegetable oil*

8 oz *sour cream*

6 *eggs*



# KEY LIME PIE

SERVES 6

Maya Myers and Cindy Fisher

## Crust:

In a food processor, crumble graham crackers into fine powder. Mix with butter, sugar, cinnamon, cloves, and nutmeg. Press mixture into a 9-inch pie plate. Chill.

## Filling:

Using a mixer, beat egg yolks until light and frothy. Gradually add condensed milk and lime juice. Beat until smooth. Pour into pie shell.

Using a mixer, beat egg whites until soft peaks form. Add cream of tartar, salt, and sugar, 1 tbsp at a time. Beat until stiff peaks form. Spread over lime filling.

Bake at 350° until meringue is set and lightly browned, approx 5–10 min. Chill approx 1 hr for the pie to fully set.

## DEEDEE'S NOTES:

- Recipe may be prepared earlier in the day or 1 day in advance. If one day in advance, chill pie without the meringue. Prepare meringue earlier in the day and chill pie.
- For the juiciest limes, look for fruit with smooth, shiny peels.

## INGREDIENTS

### CRUST

*15 whole graham crackers*  
*1/3 cup melted butter*  
*1/3 cup sugar*  
*1/4 tsp each, cinnamon, cloves, and nutmeg*

### FILLING

*3 eggs, separated*  
*1 can sweetened condensed milk*  
*3/4 cup lime juice, ~5 limes*  
*1/4 tsp cream of tartar*  
*Pinch of salt*  
*4 tbsp sugar*

