

Lump Crab Benedict with Avocado & Hollandaise



CRAB



GRILL



SERVES 2

INGREDIENTS

INSTRUCTIONS

Main

8 oz lump crab meat (fully cooked)
2 avocados, thinly sliced
2 English muffins, halved and toasted
4 eggs (for poaching)

Hollandaise Sauce

3 egg yolks
1 cup clarified butter (*see instructions*)
2 Tbsp lemon juice, divided
3–4 dashes Tabasco sauce
1–2 dashes Old Bay seasoning
Salt, to taste

Poaching Liquid

2 quarts water
2–3 cups apple cider vinegar

Step 1: Clarify the Butter

In a saucepan, melt 1½ cups of **unsalted butter** over low heat. Once melted, simmer gently until milk solids separate and settle at the bottom. Carefully ladle the golden butterfat from the top, straining it through a fine mesh sieve or coffee filter. Keep warm.

Step 2: Make Hollandaise Sauce

Create a double boiler: place a heatproof bowl over a pot with gently simmering water (the bottom shouldn't touch the water).

1. Add **egg yolks**, half the **lemon juice**, and **Tabasco** to the bowl.
2. Whisk continuously until yolks lighten in color and nearly double in volume.
3. Slowly drizzle in warm clarified butter, whisking constantly.
4. Add a few drops of warm water if the sauce becomes too thick.
5. Season with remaining **lemon juice**, **Old Bay**, and salt to taste.
6. Keep the sauce warm and covered until ready to serve.

Step 3: Poach the Egg

1. Fill a medium pot halfway with water, add **vinegar**, and bring to a gentle simmer.
2. Crack each egg into a small bowl or ramekin.
3. Swirl the simmering water into a whirlpool using a spoon.
4. Gently lower each egg into the center of the swirl.
5. Poach for about **4 minutes**, or until whites are set and yolks remain runny.
6. Use a slotted spoon to lift the eggs and drain on a towel.

Step 4: Prepare the Crab and Muffins

1. Warm the pre-cooked **crab meat** gently in a pan over low heat — avoid overcooking.
2. Toast the **English muffins** until golden brown.

Step 5: Assemble the Benedict

1. Place toasted English muffin halves on plates.
2. Top with sliced **avocado**, then warm **crabmeat**.
3. Nestle a **poached egg** on top of each stack.
4. Spoon over warm **hollandaise sauce**.
5. Finish with a dash of **Old Bay** and serve immediately.

WATCH THE EPISODE



Char-Grilled Blue Crabs with Old Bay Butter



CRAB



GRILL



35 MIN.

INGREDIENTS

Old Bay Butter

2 sticks unsalted butter
4 cloves garlic, smashed and diced
½ bunch parsley, finely chopped
½ Tbsp chili flakes
3 Tbsp Old Bay seasoning
1 lemon

Crabs

Fresh blue crabs, cleaned and prepped
(see Tide to Table episode for instructions)

INSTRUCTIONS

Step 1: Make the Old Bay Butter

1. Melt the **butter** in a saucepan over medium heat.
2. When nearly melted, stir in **garlic**, **parsley**, **chili flakes**, **Dijon** (if using), and **Old Bay**.
3. Lower heat and keep warm until ready to baste.

Step 2: Prepare the Grill

1. **Preheat grill** to medium-high heat.
2. While heating, **clean and prep the crabs**
(see Tide to Table episode for full instructions).

Step 3: Grill the Crabs

1. Lay **crabs** on the grill and brush generously with **Old Bay butter**.
2. **Cover grill** and cook for 5–7 minutes.
3. Brush with more **butter** and continue cooking for 5–7 minutes more, depending on crab size.
4. Crabs are ready when claws are bright red and the cavity bubbles.

Step 4: Finish & Serve

1. Remove crabs from the grill.
2. Squeeze **lemon** juice over top.
3. Serve hot with extra **Old Bay butter** for dipping. and serve immediately.

WATCH THE EPISODE





SHRIMP + CRAB + OYSTER



BOIL + STEAM



SERVES 6-8

Lowcountry Feast

INGREDIENTS

INSTRUCTIONS

Lowcountry Shrimp Boil

5 lb red potatoes, halved or quartered for even cooking
4-6 ears of corn, halved
2 lb andouille sausage, sliced into thick coins
3-4 lb large shrimp, shell-on
2 heads of garlic, halved
2 onions, quartered
2 lemons, halved
½ cup Old Bay seasoning (plus more to taste)
¼ cup custom seafood boil seasoning (optional)
Sea salt, to taste
Water, to fill large stock pot

Maryland Style Crab Steam

1-2 dozen live blue crabs
2 cups of water
2 cans of light beer (Yuengling or your preferred lager)
2-3 cups apple cider vinegar
½ cup Old Bay seasoning per layer of crabs

Oyster Roast

Freshly harvested cluster oysters
Brick or steamer insert (to keep oysters above waterline)
Remaining seasoning from boil pot

Step 1: Prepare the Boil Base

1. In a large seafood boiler (no smaller than 30QT), combine garlic, onions, and lemons with enough water to fill halfway.
2. Bring to a simmer, then stir in Old Bay and any additional seafood boil seasoning.
3. Stir well to create a fragrant stock — this is the foundation of the boil.

Step 2: Build the Lowcountry Boil

1. Add the red potatoes and cook for about 10 minutes, or until just tender.
2. Add the corn and cook for 3-4 minutes.
3. Stir in the sausage and allow flavors to meld as the pot returns to a gentle boil.
4. Add the shrimp and cook for 2 minutes only.
5. Turn off the heat, cover, and let the shrimp finish cooking in the residual heat for tender results.

Step 3: Steam the Blue Crabs

1. In your seafood boiler, add water, beer and apple cider vinegar; bring to a gentle simmer.
2. Place a brick or steamer rack in the bottom of the pot to keep crabs above the liquid line.
3. Arrange crabs in a steamer basket, alternating each layer with a generous dusting of Old Bay.
4. Cover and steam for 15-20 minutes, until shells are bright, uniform red and the aroma fills the air.

Step 4: Oyster Roast

1. Using the same seafood boiler, ensure the brick or steamer rack is in place to elevate oysters above the waterline.
2. Add a small amount of seasoned water from the boil to create steam.
3. Pile oysters on top of the rack and cover. Steam just until shells begin to open, about 2 minutes.
4. Remove from heat immediately to preserve their briny flavor and silky texture.

Step 5: Serve Family-Style

1. Cover your table with kraft or butcher paper for easy cleanup and presentation.
2. Drain the shrimp boil and pour it directly down the center of the table.
3. Surround with baskets of steamed crabs and just-opened oysters.
4. Serve with melted butter, lemon wedges, and cold drinks.

WATCH THE EPISODE



Oysters Three Ways



OYSTERS



~20 MIN.



SERVES 4-6

INGREDIENTS

Grilled Stuffed Oysters

1 red bell pepper, small diced
3 slices bacon, cooked crisp and crumbled
8 oz lump crab meat
1 large egg
1 tsp Dijon mustard
1 tsp Worcestershire sauce
½ cup panko breadcrumbs, plus more for topping
1 stalk celery, finely chopped
½ small red onion, finely chopped
⅛–¼ cup mayonnaise
Kosher salt, black pepper, Old Bay, and lemon juice, to taste
12–18 large oysters (cluster or singles), scrubbed

Raspberry Mignonette (for raw oysters)

½ pint fresh raspberries
½ cup red wine vinegar
1 small shallot, finely diced
Cracked black pepper, to taste
12–18 oysters on the half shell, well-chilled

Tequila-Lime Oyster Shooters

6–12 freshly shucked oysters with liquor
6–12 shot glasses
2–3 limes, cut into wedges (about ¼ lime per shot)
2–3 tbsp fresh cilantro, finely chopped
3–6 oz tequila blanco (about ¼–½ oz per shot)

INSTRUCTIONS

Step 1: Make the Crab Stuffing (then chill)

1. In a bowl, whisk egg, Dijon, Worcestershire, celery, red onion, and mayonnaise until smooth.
2. Gently fold in the lump crab. Sprinkle in just enough panko to bind—avoid over-adding or the mixture will taste bready.
3. Season to taste with salt, pepper, Old Bay, and a squeeze of lemon.
4. Cover and refrigerate ~20 minutes to set.

Step 2: Prep the Oysters & Foil Nests (Grill Setup)

1. Heat grill/flat-top to medium to medium-high.
2. Tear heavy-duty foil into sheets and softly crumple to form stable nests that cradle each oyster level (to retain liquor).
3. Carefully shuck oysters, keeping the cup side down to preserve liquor. Detach the abductor so the oyster releases cleanly.

Step 3: Grilled Stuffed Oysters

1. For each oyster, add a few pieces of red bell pepper and a pinch of crumbled bacon.
2. Spoon on a gentle mound of chilled crab mixture (do not pack tightly).
3. Top with a light sprinkle of panko.
4. Set oysters into foil nests on the grill; cover with a lid/dome.
5. Cook 4–5 minutes, just until the stuffing is hot and you see small bubbles in the oyster liquor. Avoid overcooking.
6. Remove, rest 1 minute, then finish with lemon if desired. Serve immediately.

Step 4: Raspberry Mignonette & Raw Oysters

1. In a processor (or with an immersion blender), pulse raspberries, red wine vinegar, shallot, and black pepper to a smooth purée. Chill.
2. Mound kosher salt on a board or platter to create a stable, chilled bed; nestle half-shell oysters so they sit level (liquor intact).
3. Spoon a small amount of raspberry mignonette over each oyster and serve at once.

Step 5: Tequila-Lime Oyster Shooters

1. Shuck oysters and pour the oyster plus its liquor into each shot glass.
2. Add a pinch of chopped cilantro and the juice of one lime wedge per glass.
3. Top with ¼–½ oz tequila blanco—just enough to lift the flavors without overpowering the oyster.
4. Serve immediately. (Balance liquor by spooning excess from fuller shots into lighter ones, if needed.)

Step 6: Plate & Present

1. Arrange grilled stuffed oysters on a board; keep raw oysters on the salt bed.
2. Set shooters alongside with extra lime wedges.
3. Optional accompaniments: lemon, hot sauce, extra Old Bay, and warm towels.

WATCH THE EPISODE





Lowcountry Breakfast Hash



SHRIMP



GRIDDLE



SERVES 4-6

INGREDIENTS

2 russet potatoes, cubed and kept in water to prevent browning
1 red onion, medium dice
2 bell peppers (red or green), medium dice
1 jalapeño pepper, small dice (optional)
Clarified butter *or* high-temp oil for cooking
1 package Bovine & Swine Maple Sage breakfast sausage (fully cooked)
½ lb shrimp, peeled and cut in half
6 eggs
Paprika and cayenne, to taste
Salt and black pepper, to taste
Sliced scallions, for garnish

INSTRUCTIONS

Step 1: Prepare the Potatoes

1. Heat a cast iron skillet or griddle over medium-high heat.
2. Drain the cubed potatoes and pat dry to remove excess moisture.
3. Add a drizzle of oil or clarified butter to the griddle.
4. Once lightly smoking, spread the potatoes in a single layer and season with salt and pepper.
5. Allow them to cook undisturbed for 4–5 minutes until the bottoms are golden brown.
6. Stir and continue cooking until evenly crisped, then push to one side of the griddle.

Step 2: Cook the Vegetables

1. Add the red onion and bell peppers to the open area of the griddle.
2. Season lightly with salt and pepper.
3. Cook for 2–3 minutes, stirring occasionally, until slightly softened and lightly caramelized.
4. Push the vegetables to the other side of the griddle to keep warm.

Step 3: Add the Shrimp and Sausage

1. Melt a small knob of butter in the center of the griddle.
2. Add the shrimp, seasoning with salt and pepper.
3. Cook for about 2 minutes, until the shrimp are pink and opaque.
4. Add the breakfast sausage and toss together to heat through.
5. Combine the shrimp, sausage, potatoes, onions, and peppers.

Step 4: Season and Finish the Hash

1. Sprinkle the mixture with paprika, cayenne, and diced jalapeño (if using).
2. Stir well to coat everything evenly.
3. Reduce the heat to medium to avoid burning while you prepare the eggs.

Step 5: Add and Cook the Eggs

1. Make small wells in the hash and crack one egg into each.
2. Cover the skillet or use a dome lid to trap steam.
3. Cook for 5–7 minutes, until the whites are set and the yolks are still soft.
4. Remove the lid and turn off the heat.

Step 6: Finish and Serve

1. Scoop into portions, ensuring each includes one egg.
2. Sprinkle with sliced scallions.
3. Serve hot and enjoy immediately.

WATCH THE EPISODE





Not Yo Mama's Crab Dip & Crab Cakes



CRAB



~40 MIN.



SERVES 4-6

INGREDIENTS

INSTRUCTIONS

Crab Dip

- 1 lb crab meat
- ½ yellow onion, diced
- ½ cup sour cream
- ¼ cup mayonnaise
- ½ cup cream cheese
- 1 Tbsp Old Bay (or to taste)
- ½ bunch parsley, chopped
- 1 cup Panko breadcrumbs

Crab Cakes

- 1 lb crab meat
- 1 egg
- 1 rib celery, small diced
- ½ red onion, small diced
- 1 Tbsp Worcestershire sauce
- 1 Tbsp Dijon mustard
- ½ cup mayonnaise
- 1 tsp lemon juice
- 1 Tbsp Old Bay
- ½ bunch parsley, chopped
- ½ cup panko
- Oil or butter for frying

Prosciutto-Wrapped Asparagus

- 1 bunch asparagus, trimmed
- 1 package sliced prosciutto

Tartar Sauce

- ¼ cup mayonnaise
- 1 Tbsp Dijon mustard
- 1 Tbsp sweet pickle relish
- 1 Tbsp parsley, chopped
- 1 Tbsp dill, chopped
- 1 tsp lemon juice

Step 1: Make the Crab Dip

1. Preheat oven to 325°F.
2. Sweat onions over medium-low heat 3–5 min until translucent.
3. Stir in sour cream, mayo, and cream cheese until smooth.
4. Remove from heat; gently fold in crab, parsley, and Old Bay.
5. Transfer to an oven-safe dish; top with breadcrumbs.
6. Bake ~15 min, until bubbling and lightly golden. Cool briefly before serving.

Step 2: Prepare the Crab Cakes

1. Combine egg, celery, onion, Worcestershire, mustard, mayo, lemon juice, Old Bay, and parsley.
2. Gently fold in crab meat; refrigerate 20 min to firm up.
3. If mixture is loose, add panko until it holds shape.
4. Form into patties and dredge in panko.
5. Heat a pan with oil or butter over medium heat.
6. Sear 3–4 min per side, until golden brown. Drain on paper towels.

Step 3: Make the Prosciutto-Wrapped Asparagus

1. Snap woody ends from asparagus.
2. Wrap 2–4 stalks in a slice of prosciutto.
3. Cook in the same pan until prosciutto is crisp and asparagus is tender.

Side Recipe: Tartar Sauce

In a small bowl, combine all ingredients and chill until serving.

WATCH THE EPISODE





Pan-Seared Redfish with Green Beans & Tomato-Cream Sauce



FISH



PAN SEAR



SERVES 4

INGREDIENTS

1 lb fresh Redfish fillets, skin-on preferred
1 lb green beans, trimmed
4 cloves garlic, smashed (divided)
1 shallot, thinly sliced (divided)
1 lb cherry tomatoes, halved
1 Tbsp tomato paste
1 oz fresh mint
½ cup heavy cream
1 cup sliced almonds
1 lemon (zest and juice as needed)
Olive oil

INSTRUCTIONS

Step 1: Pan Sear the Redfish

1. Preheat a cast iron skillet over medium-high heat and drizzle with **olive oil**.
2. Pat the **Redfish** fillets dry. With a sharp knife, lightly score the skin, being careful not to cut into the flesh.
3. Season both sides with **salt** and **pepper**.
4. Place the fillets skin-side down in the hot pan and sear for about 3 minutes, until the skin is golden and crispy.
5. Flip and cook for about 1 minute more, depending on thickness.
6. Transfer to a low oven to keep warm while you prepare the sides and sauce.

Step 2: Blanch & Sauté the Green Beans

1. Bring a pot of salted water to a boil. Add the **green beans** and blanch for about 1 minute, then transfer immediately to **ice water** to stop the cooking.
2. In a separate pan over medium heat, add a drizzle of **olive oil** along with half of the **garlic** and half of the **shallot**. Sauté until the shallot is translucent and the garlic is lightly golden.
3. Remove the green beans from the ice bath, pat dry, and add them to the pan.
4. Season with **salt** and **pepper**, toss, and cook for 2 minutes, then set aside.

Step 3: Make the Tomato-Cream Sauce

1. In a small saucepan over medium-low heat, add the remaining **garlic** and **shallot** and cook until soft and fragrant.
2. Halve the **cherry tomatoes** and add them to the pan, increasing heat to medium. Cook until the tomatoes blister and begin to break down, then stir in the **tomato paste** and cook for 30–60 seconds to caramelize.
3. Stir in the **heavy cream** and gently simmer for 2–3 minutes until warmed through.
4. Transfer the mixture to a blender or use an immersion blender. Add the **fresh mint** and the **zest of half a lemon**.
5. Blend until smooth and silky. If the sauce seems too thick, thin with a splash of cream. Season to taste with salt and pepper.

Step 4: Toast the Almonds

1. Preheat the oven to 325°F if it's not already on.
2. Spread the **sliced almonds** in a single layer on a baking sheet.
3. Toast for a few minutes, just until lightly golden and fragrant. Watch closely—they can brown quickly.

Step 5: Plate

1. Spoon a pool of **tomato-cream sauce** onto each plate.
2. Add a nest of **garlic-shallot green beans** in the center.
3. Top with a piece of **pan-seared Redfish**, skin-side up to show off the crispy skin.
4. Garnish with **toasted almonds**, a few small leaves of **fresh mint**, and a little extra **lemon zest**.

WATCH THE EPISODE





Grilled Redfish with Roasted Vegetable Medley



FISH



GRILL



SERVES 4

INGREDIENTS

2 Redfish fillets (skin on or off, per preference)
1 yellow squash
1 zucchini
2 ears corn, husked
½ lb cherry tomatoes, halved
1 cup green olives, pitted and halved
2 cloves garlic, smashed and diced
1 oz fresh mint, chopped
1 oz fresh tarragon, chopped
½ lemon (juice)
Olive oil
Salt and black pepper, to taste
Pinch cayenne pepper
Pinch paprika

INSTRUCTIONS

Step 1: Grill the Fish and Veggies

1. Preheat the grill to medium-high heat.
2. Brush the Redfish fillets with olive oil and season with salt and pepper.
3. Halve the yellow squash and zucchini lengthwise; drizzle with olive oil and season with salt and pepper.
4. Husk the corn and remove as much silk as possible.
5. Place the fish, squash, zucchini, and corn on the preheated grill.
6. Grill the veggies until they have deep grill marks and are lightly charred; remove and set aside.
7. Grill the Redfish for about 3 minutes on the first side, then carefully flip and cook 1–2 minutes more, depending on thickness.
8. Transfer the fish to a warm oven while you finish the veggie medley.

Step 2: Prep the Veggies

1. Once cool enough to handle, shave the corn off the cob into a bowl.
2. Cut the grilled squash and zucchini into bite-sized pieces, similar in size to the tomatoes.
3. Halve the cherry tomatoes (if not already) and green olives.
4. Smash and mince the garlic.
5. Chop the mint and tarragon; set the herbs aside to add at the very end.

Step 3: Build the Roasted Veggie Medley

1. Heat a generous drizzle of olive oil in a large sauté pan over medium heat.
2. Add the cherry tomatoes and olives and cook for 1–2 minutes, just until the tomatoes begin to soften.
3. Add the corn, squash, and zucchini, along with the garlic.
4. Season with salt, pepper, a pinch of paprika, and a small pinch of cayenne pepper.
5. Cook for about 1 minute more, stirring to combine.
6. Turn off the heat and fold in the fresh mint, tarragon, and the juice of half a lemon. Taste and adjust seasoning.

Step 4: Plate

1. Spoon a generous portion of the roasted veggie medley onto each plate.
2. Top with a piece of grilled Redfish.
3. Finish with a light drizzle of olive oil and a squeeze of lemon, if desired.

WATCH THE EPISODE

