



 **53%**
HEALTH SCORE

Northwest Seafood Boil

 **Gluten Free**  **Dairy Free**

READY IN



115 min.

SERVINGS



10

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ears corn on the cob ends trimmed
- 2 pounds filets black thick
- 5 pounds dungeness crabs steamed cleaned quartered (3)
- 3 pounds littleneck clams rinsed scrubbed (25 to 40)
- 10 small torpedo onions red peeled quartered
- 10 servings salsa verde italian-style
- 10 servings tartar sauce
- 10 turkish bay leaf (not California)

- 3 pounds bliss red (30)
- 0.5 cup seawater

Equipment

- bowl
- pot
- grill
- stove
- tongs
- cheesecloth

Directions

- Dig a pit and build a fire in it*, or use a firepit with a built-in grate.
- Let fire burn to medium-high and spread out logs as needed; if using your own grate, set it in place.
- Fill a 20-qt. canning pot with 4 in. seawater or salted regular water. Cover and heat to simmering over fire or over high heat on stove.
- Cut five 30-in. lengths of cheesecloth. Unfold a cheesecloth length to yield a double-thick piece.
- Lay it on a table, pile the ingredient in the center, pull up two opposing corners, and tie loosely. Repeat with other corners, creating a pouch that's secure but loose enough for ingredients to spread out in more or less a single layer.
- Put potato pouch, loose onions, and bay leaves in canning insert, and when water is boiling, lower into pot. Cook, covered, 10 minutes.
- Add cod pouch, then clams, and top with loose crabs. Cover and cook 8 to 10 minutes more; cod should be opaque, the crab should be warmed through, and clams should open (though it may be difficult to check).
- Using tongs, transfer the bundles of ingredients to a newspaper-lined table or into large bowls. Put corn bundles into canning insert and into boiling water; cook until tender, about 5 minutes. Meanwhile, drain off any water from bundles in bowls. Snip open cheesecloth and pour ingredients out onto platters or a fresh spot on the covered table. Throw away any unopened clams.

Serve with Tartar Sauce and Italian-Style Salsa Verde.

*The chefs use a grate with legs (Stansport Camp Grill, from \$22; stansport.com). A charcoal grill grate set on bricks also works.

Nutrition Facts

PROTEIN 49.45% **FAT 8.7%** **CARBS 41.85%**

Properties

Glycemic Index:13.77, Glycemic Load:19.87, Inflammation Score:-9, Nutrition Score:43.847826263179%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 23.28mg, Quercetin: 23.28mg, Quercetin: 23.28mg, Quercetin: 23.28mg

Nutrients (% of daily need)

Calories: 530.63kcal (26.53%), Fat: 5.13g (7.89%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 55.49g (18.5%), Net Carbohydrates: 48.8g (17.74%), Sugar: 13.4g (14.89%), Cholesterol: 179.01mg (59.67%), Sodium: 6650.97mg (289.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.56g (131.12%), Vitamin B12: 23.54µg (392.4%), Selenium: 121.94µg (174.2%), Copper: 1.81mg (90.42%), Phosphorus: 827.19mg (82.72%), Zinc: 11.21mg (74.74%), Potassium: 2230.74mg (63.74%), Vitamin C: 51.2mg (62.06%), Vitamin B3: 12.22mg (61.11%), Vitamin B6: 1.18mg (59.19%), Magnesium: 210.89mg (52.72%), Folate: 187.86µg (46.97%), Manganese: 0.73mg (36.65%), Vitamin B2: 0.57mg (33.49%), Vitamin B1: 0.48mg (31.85%), Fiber: 6.7g (26.78%), Vitamin B5: 2.15mg (21.47%), Iron: 3.37mg (18.71%), Calcium: 174.83mg (17.48%), Vitamin A: 682.7IU (13.65%), Vitamin E: 0.83mg (5.57%), Vitamin D: 0.82µg (5.44%), Vitamin K: 3.93µg (3.74%)