



Welcome to Heron's Rest! One of our favorite activities here is to cook together gazing at the beautiful view then gather at the dining room or patio tables to eat! Hope you enjoy this "Old Bay Seasoning" — you can take it home and bring back memories of your stay! We have some in the spice cabinet so you don't need to open it!

You can get fresh or frozen crab at Clayton's (right off Maryland Ave on the left as you come into town near Portside) and they have incredible fish, shellfish. You can get live Oysters there (shucker in the drawer if you know how, be careful!). You can get steamed whole crabs there to supplement any you catch with our crab pots or crab lines (usually we have bait in the laundry room freezer).

Our go-to crab recipe is adapted from "Sweet Home Cafe Cookbook: A Celebration of African-American Cooking" (Smithsonian Books). Here it is and hope you like it as much as our extended family does! There are also books on crabbing and crab preparation in the bookshelf near the kitchen as well as local Maryland fare.

Chesapeake Corn and Crab Chowder

"Chesapeake Corn Chowder, a culinary cousin of the clam chowder of New England, showcases not only its namesake corn, but also the bounty of the bay." (SHC Cookbook)

- 3 Tbs butter
- 1 cup minced yellow onion
- 2 garlic cloves, finely chopped
- 3 celery stalks finely diced
- 3 leeks, white and light green parts washed well and finely diced
- 1 small carrot, peeled, finely diced
- 1.5 Tbs all purpose flour
- 1 Tbs Old Bay Seasoning
- 4 cups Crab Stock (see note below for substitution)
- 4 Yukon gold potatoes, peeled and chopped
- 4 cups fresh local Silver Queen corn kernels (from 10-12 ears) or thawed frozen corn kernels
- 2 bay leaves
- 2 fresh thyme sprigs
- 1 cup heavy cream
- 1 pound jumbo lump crab meat
- 2 tsp Kosher salt (less if using table salt) or to taste

Freshly ground black pepper
1/4 cup fresh flat-leaf parsley, chopped
1 Tbs fresh chives, snipped

Crab stock

To be honest we never make crab stock though a good use of shells after a crab feast!

Our substitution is
2 cups chicken stock
2 cups dry white wine
2T Old Bay seasoning
Sprinkle in some thyme

In a large soup pot over medium heat, melt the butter. Add the onion and garlic and cook until translucent, about 5 minutes. Add the celery, leeks and carrot and cook for another 3 minutes.

Sprinkle the flour over the vegetables and stir until the vegetables are well-coated. Cook for 3 minutes longer, stirring continually. Stir in the Old Bay Seasoning.

Add the Crab Stock (or substitution) and bring to a boil. Reduce the heat to a simmer, add the potatoes and cook for 12 minutes. Remove 2 cups of chowder and blend (or use immersion blender in pantry, grey basket). Return puree to soup pot. Add corn kernels, bay leaves and thyme and cook for 10 minutes longer.

Add the cream and crabmeat to the pot and simmer for 5 minutes. Season with the salt and pepper, then adjust the seasoning if needed. Just prior to serving, stir in the parsley and chives.

Happy stay! From all of at Heron's Rest,

Dominique, Mike, Nicole and Henry
and Clare and Chris our Managers and Ody our wonderful
Cleaner and Milton our Gardener!

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Heron's Rest on the Eastern Shore Vacation Home

