

Cooking with Conshy Spice Packet

Old Bay

Old Bay seasoning is a proprietary spice blend. The mix of celery salt, black pepper, red pepper flakes, paprika and 14 other secret spices is popular along the Atlantic Coast and Gulf Coast of the United States. Gustav Brunn, a German refugee who fled to America in 1939, established the Old Bay Company, named after a passenger ship that sailed in the Chesapeake Bay. The company produced and distributed Old Bay seasoning, a spice blend Brunn had developed for use on seafood. It has a rough texture and a rusty red color. Old Bay seasoning has a lightly salty, spicy, smoky flavor. It has a wide range of spiced flavors, from the fresh celery salt bite to deep flavors of bay leaf. There is a briny marine flavor that permeates through Old Bay.

There are many different ways to use Old Bay in your cooking:

- As a seasoning for crab, crab cakes, shrimp, salmon, or other seafood
- Used in soups, such as clam chowder
- Not just seafood! Try it to season meats like chicken or beef
- Dust Old Bay on snacks like popcorn or French fries
- Try it on salads or cole slaw
- Season a Bloody Mary!
- Use it to top your favorite biscuits to add some kick
- Add some pep to your potatoes - roasted, mashed, baked, or fried
- Make a low country boil (also called Frogmore Stew) from South Carolina by mixing shrimp, corn, sausage and potatoes



Recipe SUGGESTIONS:

Shrimp Salad

Old Bay kicks up the flavor of this classic shrimp salad. Pile it onto a croissant, scoop it over lettuce, or serve it with crackers.

- **Author:** Jenn Segal
- **Yield:** 6 servings
- **Prep Time:** 10 Minutes
- **Cook Time:** 5 Minutes



Scan Here for
Shrimp Salad Recipe

Ingredients

- 2 pounds large raw shrimp (31-35 per pound) shell-on and deveined, thawed if frozen
- ½ cup mayonnaise
- 1 ½ teaspoons Old Bay seasoning
- 2 teaspoons white wine vinegar
- ¼ teaspoon Worcestershire sauce
- ½ cup finely diced celery
- ¼ cup finely sliced scallions, light and dark green parts separated



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Instructions

1. Fill a large bowl with ice and cold water and set next to the sink.
2. Bring a large pot of water to a boil over high heat. Add the shrimp and cook, stirring occasionally, until bright pink and cooked through, about 1½ minutes (the water needn't return to a boil).
3. Drain the shrimp in a colander and then immediately plunge them into the ice water to shock them and stop the cooking process. Let sit until chilled, about 15 minutes.
4. Peel the shrimp and set aside.
5. In a medium bowl, whisk together the mayonnaise, Old Bay, wine vinegar and Worcestershire sauce.
6. Stir in the shrimp, celery, and light green scallions. Taste and adjust seasoning if necessary.
7. Chill in the refrigerator until ready to serve. Before serving, transfer the salad to a serving bowl and sprinkle with the dark green scallions and a dash of Old Bay. The salad will keep for 2 days, covered, in the refrigerator.

Buttery Old Bay Crab Mac & Cheese

- **Author:** Jessica with How Sweet Eats
- **Prep Time:** 45 minutes
- **Cook Time:** 35 minutes
- **Yield:** 6-8 servings



Scan Here for
Buttery Old Bay Crab Mac & Cheese Recipe

This crab mac and cheese is creamy, cheesy, savory and loaded with jumbo lump crab meat. Topped with buttery old bay ritz crackers, it's super indulgent and special to share with friends and family!

Ingredients

- 1 pound medium pasta shells or rigatoni or elbow noodles
- ½ cup all-purpose flour
- ½ cup unsalted butter
- 2 cups milk
- 2 cups half and half
- 2 ½ cups freshly grated sharp cheddar cheese
- 1 cup freshly grated gruyere cheese
- ½ cup finely grated parmesan cheese
- ½ teaspoon freshly grated nutmeg
- 16 ounces lump crabmeat
- old bay topping
- 2 cups crushed ritz crackers
- 1 teaspoon old bay seasoning
- 2 tablespoons melted butter



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Instructions

1. Preheat the oven to 350 degrees F. Cook the pasta in salted water according to the package directions, until it's al dente.
2. In a large saucepan, melt the butter over medium heat. Whisk in the flour and cook to create a roux. Cook for 2 to 3 minutes, stirring often, until the mixture is fragrant.
3. Slowly stream in the milk and half and half, whisking the entire time. The slower you stream it in, the easier it will thicken and come together. Continue whisking until the milk is smooth and thickened, about 5 full minutes.
4. Reduce the heat to low. Add all the grated cheeses except for ½ cup sharp cheddar, 1 handful at a time, stirring completely until melted before adding the next handful. Do this until all the cheese has been added.
5. Stir in a pinch of salt and pepper along with the freshly grated nutmeg. Taste and season the cheese sauce more if needed.
6. Place the pasta in a baking dish - either a 9x13 inch baking dish or a 5 quart pot. Stir in the lump crabmeat. Pour the cheese sauce on top and stir to mix it all in. Top with the remaining grated cheddar.
7. In a bowl, stir together the crushed ritz crackers with the melted butter and old bay. Stir until combined. Sprinkle all over the top of the mac and cheese.
8. Bake for 30 to 40 minutes, until warm and bubbly and cheesy! Serve immediately.



Scan Here for
Spiced Salmon With Potatoes and Corn

Spice Salmon With Potatoes and Corn

Author: Rachel Gurjar

Cook Time: approx. 40 min

Yield: 4 servings

Ingredients

- 12 Tbsp unsalted butter, melted
- 1/3 cup finely chopped garlic
- 3 Tbsp. Old Bay seasoning ← (will need to supplement, we provide 1 tbsp)
- 2 Tbsp. garlic powder
- 1 Tbsp onion powder
- 1 Tbsp paprika
- 1 tsp sugar
- 1 lb baby potatoes, halved
- 2 tsp extra-virgin olive oil
- 3 ears of corn, husked
- 1 ½ lb skin-on salmon fillet, cut into 4"- wide pieces
- 1 lemon, halved, divided
- ½ medium red onion, thinly sliced



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- 1 bunch chives, cut into 3" pieces
- ½ cup (packed) parsley leaves

Instructions

1. Place a rack in middle of oven; preheat to 400°. Whisk 12 Tbsp. unsalted butter, melted, ⅓ cup finely chopped garlic, 3 Tbsp. Old Bay seasoning, 2 Tbsp. garlic powder, 1 Tbsp. onion powder, 1 Tbsp. paprika, and 1 tsp. sugar in a medium bowl to combine. Set spiced butter aside.
2. Place 1 lb. baby potatoes, halved, on a large rimmed baking sheet; drizzle with 2 tsp. extra-virgin olive oil and toss to coat. Arrange in a single layer and roast until slightly tender, 15–18 minutes.
3. Cut 3 ears of corn, husked, into 3" lengths. Remove potatoes from oven; add corn to baking sheet and drizzle with 3 Tbsp. water and half of reserved spiced butter. Carefully toss with a large spoon until corn and potatoes are well coated. Nestle 1½ lb. skin-on salmon fillet, cut into 4"-wide pieces, skin side down, into vegetables. Drizzle remaining spiced butter over salmon, corn, and potatoes. Return baking sheet to oven and roast until potatoes and corn are tender and salmon is flaky and just cooked through, 18–22 minutes. Remove from oven and squeeze juice of 1 lemon half over.
4. Toss ½ medium red onion, thinly sliced, 1 bunch chives, cut into 3" pieces, and ½ cup (packed) parsley leaves in a medium bowl to combine. Squeeze juice from remaining 1 lemon half over, add a pinch of kosher salt, and toss again.
5. Top salmon and vegetables with red onion and herb salad.

What did you make with your Old Bay?

Post your pictures on Facebook & Instagram with #CookingWithConshy

HAPPY COOKING!