Homeschool Maestro

Seafood Boil

From craving to table. Serves 5–6. **Cook with a grown-up:** the grown-up handles the stove, boiling water, draining and sharp knives.

Phase 0 · The craving. Grown-up asks: "If you could eat anything tonight, what would it be?" … "What do we need to make that happen?" … "What's the first thing we'd have to find out?" (The recipe!) Pick the goal first, then work backward.
Before you shop: ask everyone at the table about shellfish allergies.

Phases 1–2 · Recipe & kitchen check

Tick **Have** for what's already in the kitchen. Everything left is your shopping mission. Tick **Got** as it goes in the cart.

Item	Amount	Have	Got
PRODUCE			
Red baby potatoes	24 pieces	☐	☐
Red onions	2 medium	☐	☐
Lemons	4	☐	☐
Garlic	2 whole bulbs	☐	☐
Corn on the cob	8 ears	☐	☐
MEAT COUNTER			
Cajun or andouille sausage	24 oz (1.5 lb), fully cooked smoked (check the label)	☐	☐
SEAFOOD COUNTER			
Raw shrimp	32 oz (2 lb), shell-on, large (26–30 count) · grab last, keep cold	☐	☐
DAIRY			
Butter	1 cup (2 sticks)	☐	☐
SPICES / SEASONING			
Zatarain's Crawfish, Shrimp & Crab Boil	1 boil-in-bag (3 oz)	☐	☐
Old Bay Seasoning	4 tbsp total: 2 in the pot, 1 in the butter, 1 to finish	☐	☐
Salt	2 tbsp	☐	☐
AT HOME (USUALLY)			
Water	5–6 quarts (about 1¼–1½ gallons)	☐	☐
Gear	12-quart stockpot + lid, colander, tongs, timer, small pot (for melting the butter), bowl for shells	☐	☐

Adult supervision required. Contains shellfish. See full disclaimer on page 4.

The food sets the clock

Phase	Step	Real time
0–3	Craving → plan the shop	Fits one 25-min Tempril
4–5	Store + Plan B	Varies (store distance)
6	Mise en place	Varies
7	⧖ Bring water to a boil	Varies (stove and pot)
7	⧖ Potatoes	≈10–15 min, until fork-tender · Food Network; McCormick
7	⧖ Corn + sausage	≈5 min · Food Network
7	⧖ Shrimp	2–3 min, until opaque (no gray see-through spots) · Food Network
8	Serve & reflect	Debrief fits one 25-min Tempril

⧖ = a real timed step. We never squeeze the recipe into a block; Tempril labels only where a phase fits one naturally.

Phase 3–4 · Shop smart

- Seafood counter? Zatarain's + smoked sausage? Distance? Price per pound?
- Follow the list in aisle order. **Shrimp last**, right before checkout.
- Fresh shrimp: clear, pearl-like, little smell. Fishy/sour/ammonia = no.
- Frozen: skip torn bags, heavy frost, or not frozen hard.
- Corn: green, snug husks.

Phase 5 · Plan B

Can't find	Swap in
Zatarain's	Old Bay (more, to taste)
Cajun/andouille	Fully cooked smoked sausage or kielbasa (check the label)
Fresh shrimp	Frozen raw, thawed in the fridge or sealed bag in cold water
Red baby potatoes	Other small potatoes (Yukon Gold)

Why this order? Plan backward from the finish line: everything hot at the same moment. Longest cook goes in first. Challenge: order these cards: Shrimp in · Make the list · Potatoes in · Decide what to eat · Drain · Kitchen check · Corn + sausage in · Mise en place. *(Answer key on the web page.)*

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Mise en place

(meez-ahn-plahs) "Everything in its place." Do these 11 steps in order before any heat goes on.

- P1 **Potatoes** Kid Rinse the 24 potatoes; leave whole. Halve any bigger than a golf ball. ☐
- P2 **Lemons** Kid Halve 3; squeeze the juice into the broth bowl and drop the halves in. Save the 4th whole for the butter. ☐
- P3 **Onions** Parent Peel 2; cut each into quarters. Into the broth bowl. ☐
- P4 **Garlic** Parent Mince 4–5 cloves for the butter add-ins bowl. Halve the rest crosswise, skins on, into the broth bowl. ☐
- P5 **Sausage** Parent Cut the 1.5 lb into 2-inch pieces. ☐
- P6 **Corn** Both Kid shucks 8 ears; grown-up cuts each into thirds. Corn + sausage share a bowl. ☐
- P7 **Shrimp** Kid Stays in the fridge until Cook 7. ☐
- P8 **Pot bowl** Kid Zatarain's bag, 2 tbsp salt, 2 tbsp Old Bay. ☐
- P9 **Broth bowl check** Kid Lemon juice + halves, onion quarters, halved garlic. ☐
- P10 **Butter station** Kid Small pot with 2 sticks butter. Add-ins bowl: minced garlic, 4th lemon, 1 tbsp Old Bay. Finish bowl: 1 tbsp Old Bay. ☐
- P11 **Line it up** Kid Pot bowl → broth bowl → potatoes → corn + sausage → butter pot + add-ins → finish bowl. Shrimp from the fridge last. ☐

Ways to cook. Boil: food in water at a full boil, big bubbles (today). **Simmer:** gentle bubbles just below a boil. **Bake:** dry hot air in the oven. **Broil:** strong heat from above in the oven. **Fry:** cooked in hot oil. Today we boil; the butter just melts on low.

Chef words

- **Mise en place** *(meez-ahn-plahs)*: all ingredients prepped and set out before cooking
- **Rolling boil**: keeps bubbling even when stirred
- **Simmer**: small bubbles, just below boiling
- **Crosswise**: cut across the short way
- **À la minute** *(ah lah mee-NOOT)*: cooked right when served
- **Sous-chef** *(soo-shef)*: second in command
- **"Oui, chef!"** *(wee, shef)*: "Yes, chef!"

Español

mariscos (seafood) · camarones (shrimp) · papas (potatoes) · elote/maíz (corn) · ajo (garlic) · cebolla (onion) · mantequilla (butter) · hervir (to boil)

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Cook & serve

Safety first. A big pot of boiling water is heavy and dangerous. Grown-up handles the stove, adds food and drains. Kids stay an arm's length away unless told. Handles turned in. Shellfish is a major allergen: check every guest.

C1 **Fill the pot** Parent 5–6 quarts water in the 12-quart pot. Add the pot bowl: Zatarain's bag, 2 tbsp salt, 2 tbsp Old Bay. ☐

C2 **Add the broth bowl** Parent Lemon juice + halves, onions, garlic. ☐

C3 **Rolling boil** Parent **varies** Cover; heat on high until big bubbles keep going when stirred. ☐

Science bit: Water boils at 212°F (100°C) at sea level; the lid traps heat. (USGS)

C4 **Potatoes in** Parent ⌛ **≈10–15 min** Lower in gently. Done when a fork slides in. ☐

Science bit: Starch swells and cell walls soften: hard to tender. (McGee, On Food and Cooking)

C5 **Garlic butter** Kid **meanwhile** With the grown-up's OK on the heat: melt butter on low; stir in minced garlic, juice of the 4th lemon, 1 tbsp Old Bay. ☐

Science bit: Melting is a phase change: solid to liquid.

C6 **Corn + sausage in** Parent ⌛ **≈5 min** Sausage is already cooked; it heats through. ☐

C7 **Shrimp in, last** Parent ⌛ **≈2–3 min** Just until opaque. Grown-up lifts one out; kid checks: opaque, no gray. ☐

Science bit: Heat unfolds proteins, so they turn opaque like egg white; FDA: 145°F. (FDA; McGee)

C8 **Heat off, drain** Parent Into a colander, pouring away from you. Kids stand back. ☐

C9 **Butter + finish** Parent Toss in the garlic butter; sprinkle the finish bowl (1 tbsp Old Bay) on top. ☐

Start each timer when the food goes in. Shrimp are done when opaque, with no gray see-through spots. Keep raw shrimp cold; wash hands and boards after touching it. Leftovers in the fridge within 2 hours.

Phase 8 · Serve & reflect

S1 **Service!** Kid Tip onto a paper-lined table, bowl for shells. Shells stay on: peel at the table. Announce: "Service!" ☐

S2 **Debrief** Kid What came out best? Did everything finish together? What would you change? Rate it ☆☆☆☆☆ ☐
+ one note: _____

Disclaimer: For educational use. An adult must supervise all cooking, including heat, boiling water and knives. Drain boiling liquid away from children; steam and hot pots cause burns. This recipe contains shellfish; check for allergies and dietary needs before cooking. Peel shellfish for young children and watch for choking hazards (shells, corn cobs, sausage pieces). Cook shrimp until opaque (145°F, per FDA). Provided as-is; Homeschool Maestro is not responsible for injury, illness or allergic reactions. Not medical or professional advice. Zatarain's and Old Bay are trademarks of their respective owners; no affiliation or endorsement. © 2026 Homeschool Maestro.