

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Shrimp Étouffée

A Real Cajun would make this stuff so hot you'd want a fire squad handy; I've toned it down for the rest of us...

3 lb medium shrimp

1 tsp dried thyme

1 tsp dried basil

1 bay leaf

4 cup shrimp or vegetable broth

6 Tbsp salted butter

½ cup all-purpose flour

4 cup chopped yellow onion

2 cup chopped bell pepper

2 cup chopped celery

1 jalapeño pepper, minced

2 Tbsp minced garlic

1 can (14.5 oz) diced tomatoes

½ tsp cayenne pepper

2 Tbsp Cajun Seasoning or Essence

¼ cup chopped flat-leaf parsley

steamed white rice

minced green onions

Peel and devein the shrimp; refrigerate. Combine thyme, basil, bay leaf and broth in a saucepan over medium-high heat and bring to a simmer. Remove from heat and cover.

Meanwhile, melt butter in a large Dutch oven over medium heat. Add flour and stir constantly to make a peanut butter colored roux, about 7-8 minutes. Add veggies and garlic and continue stirring for 8-10 minutes, or until veggies are softened and roux is dark. Add tomatoes, cayenne and seasoning; stir for a couple of minutes, then add the broth. You'll need to whisk like crazy to avoid lumps at this point!

Bring mixture to a boil, then reduce to simmer and cook for about 45 minutes, stirring occasionally. Add shrimp to pot and cook for 5-7 minutes, or until pink and done through. Add the parsley and stir to combine. Serve over steamed rice and garnish with minced green onions.

Yield: Eight to ten servings

Preparation time: 20-25 minutes

Cooking time: 1 hour, maybe a bit longer; not including rice cooking

