

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Cajun Shrimp Mac 'n' Cheese

Adapted from Recipe in Chile Pepper Magazine, November, 2010

Mac 'n' Cheese from a box? Horrors! Make the good stuff, and leave the "fake" cheese to the kiddies...

2 Tbsp butter, divided
½ lb small shrimp, dressed & chopped
1 Tbsp minced green onion
¼ tsp cayenne powder
¼ tsp smoked paprika
1 Tbsp butter, melted
½ cup plain breadcrumbs
½ cup grated sharp Cheddar cheese
1 Tsp spicy Cajun seasoning

½ lb shell pasta
2 Tbsp butter
2 Tbsp flour
1 tsp red pepper flakes
1 ½ cup whole milk
½ cup heavy cream
3 cup grated smoked Gruyere
1 tsp Creole mustard
1 tsp spicy Cajun seasoning

Heat oven to 350° F and grease an 8 x 8 inch casserole with a tablespoon of butter. Heat another Tbsp butter in a large skillet over high heat. Add shrimp and onion and sauté for a minute. Add cayenne and paprika and sauté until shrimp are nicely pink, just another couple of minutes. Remove and reserve. Meanwhile, in a medium bowl, mix together butter, breadcrumbs, Cheddar and Cajun seasoning; retain for topping.

Prepare the shells according to directions; set aside. Melt remaining butter in skillet over medium-high heat and mix in flour and red pepper flakes. Create a smooth roux, stirring constantly. Once the roux just begins to change color, whisk in milk and bring to a boil. Reduce heat and stir constantly for 3-4 minutes. Add cream, Gruyere, mustard and Cajun spices. Simmer, with stirring, until cheese is melted and sauce is smooth. Mix in the shells and the shrimp and pour the mixture into the prepared casserole. Cover with the breadcrumb topping and bake for 20-25 minutes, until top is golden brown and delicious. Cool for a few minutes and serve.

Yield: Four servings
Preparation time: 30 minutes
Cooking time: 45 minutes

