

## SPOTLIGHT RECIPE

# SHRIMP ETOUFFEE

SERVES 8



### INGREDIENTS

- 1/4 cup vegetable oil
- 1/4 cup flour
- 8 ounces large rib celery, chopped
- 8 ounces green bell pepper, chopped
- 2 ounces jalapeño peppers, chopped
- 8 ounces large onion, chopped
- 2 ounces garlic cloves, chopped
- 16 ounces pint shrimp stock, clam juice or fish stock
- 1 tablespoon Cajun seasoning
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon celery seed
- 1 tablespoon paprika
- Salt
- 2 pounds shrimp, peeled and deveined

### DIRECTIONS

Heat the vegetable oil or lard in a heavy pot over medium heat for 1 to 2 minutes. Stir in the flour, making sure there are no clumps. Let this cook, stirring often, until it turns very brown, about 10 minutes or so.

Add the celery, green pepper, jalapeño and onion, mix well and cook over medium heat for 4 minutes, stirring occasionally. Add the garlic and cook another 2 minutes.

Slowly add the shrimp stock or clam juice, then the seasonings and the shrimp:

Measure out 2 cups of the shrimp stock and slowly add it a little at a time, stirring constantly so it incorporates. The roux will absorb the stock and seize up at first, then it will loosen. Add additional stock as needed to make a sauce about the thickness of syrup.

Add the Cajun seasoning, Worcestershire sauce, celery seed and paprika and mix well. Add salt to taste, then mix in the shrimp. Cover the pot, turn the heat to its lowest setting and cook for 10 minutes until proper consistency and flavors are achieved.

### Sides

Steamed White Rice • Sautéed Broccoli • Cornbread

