

SPOTLIGHT RECIPE



SHRIMP AND OKRA PURLOO

SERVES 8

INGREDIENTS

- 1 ounce canola oil
- 1/2 cup andouille sausage, diced
- 1 teaspoon salt
- 1 cup yellow onion, diced
- 2 tablespoons garlic, finely chopped
- 1 tablespoon fresh ginger, finely chopped
- 1 tablespoon Cajun seasoning
- 2 tablespoons tomato paste
- 2 bay leaves
- 4 cups Carolina Gold rice
- 2 cups okra, sliced 1/3-inch thick
- 8 cups chicken broth
- 1 pound (21 to 25) shrimp, peeled and deveined
- 2 tablespoons unsalted butter
- 1/2 cup scallions, chopped

DIRECTIONS

Add the canola oil to a heavy-bottom skillet and heat over medium heat. Add the sausage and cook for 1 minute. Add the salt and the onion.

Cook for 1 minute. Add the garlic, ginger, Cajun seasoning, tomato paste and bay leaves. Cook for another minute; do not let the garlic brown.

Wash and strain the rice until the water runs clear, add the rice and mix for 1 more minute. Add the chicken broth and bring to a simmer. Reduce the heat to low, cover and cook for 10 minutes.

Remove the lid and add the shrimp to the skillet, stir and cover the skillet. Let cook for 10 more minutes. Remove from the heat, add the butter and stir. Serve immediately. Garnish with the scallions.

Side dishes

Sauteed Kale • Cornbread

