

**#117: Louisiana Favorites**

**Shrimp Creole**

**Tia Henry, Café Dauphine**

- 1 1/2 sticks butter
- 4 tablespoons minced garlic
- 3 tablespoons chicken base
- 1 tablespoon red pepper flakes
- 3/4 cup flour
- 4 tablespoon prepared browning sauce
- 2 bay leaves
- 3 tablespoons butter
- 1 cup julienned green bell pepper
- 1 cup julienned sweet mini peppers (a mixture of red, orange and yellow)
- 1 cup julienned red onion
- 4 large Creole tomatoes, diced (or any kind large ripe tomato)
- 2 pounds medium sized shrimp, peeled and deveined
- Hot cooked rice for serving
- Chopped green onion for garnish

To make the gravy base, in a medium, heavy-bottomed saucepan melt 1 ½ sticks butter with minced garlic, chicken base, and red pepper flakes. Add flour and stir with a whisk to incorporate all the ingredients. Do not brown the flour, the roux should be blonde (golden).

Pour in 7 cups of water, stirring constantly to dissolve the roux into the liquid. Add the browning sauce and bay leaves. Stir the sauce often to prevent the flour from clumping. Cook until it reaches a gentle boil and has visibly thickened. While the gravy is simmering prepare the vegetables and shrimp. Stir occasionally.

To a large saucepan or Dutch oven, add 3 tablespoons butter. When the butter is melted, add the bell pepper, sweet pepper and red onion. Sauté until the

vegetables are tender, then add the diced tomatoes. Stew until the tomatoes soften and begin to form a gravy. Add the shrimp and cook until they turn opaque. Be careful not to overcook the shrimp. Add gravy base to the shrimp mixture, adjusting the amount of gravy used to get the consistency of a stew. Any leftover gravy can be used in meat stews or with roasts. Cover and simmer the shrimp creole for 10 minutes.

In large serving bowls, spoon the shrimp creole around a mound of cooked rice and garnish with green onion. Serve with French bread.

Serves 6 to 8.