

Shrimp Etouffee

We made this for one of our cookbook dinners.



Ingredients:

- 8 Tbsp. (1 stick) unsalted butter
- 1 large onion (2 cups chopped)
- 2 celery stalks (1 cup chopped)
- 1 green bell pepper (1 cup chopped)
- 1 small clove of garlic (1/2 tsp. minced)
- 1 Tbsp. tomato paste
- 1 small bunch of parsley (1/2 cup chopped)
- 4 green onion tops (1/2 cup)
- 1 1/2 tsp. salt
- 1/4 tsp. cayenne pepper
- 1/4 tsp. black pepper
- 4 cups of seafood stock (2 cups rich stock)
- 1 1/2 lbs. peeled medium shrimp
- 2 tsp. cornstarch
- 1 cup dry rice

Equipment:

- 4-quart Dutch oven

Shrimp Etouffee:

<input checked="" type="checkbox"/>	Directions	Time (min)
	Simmer 4 cups of seafood stock down to 2 cups, make. Prepare 1 cup dry rice to make 3 cups of rice (Link)	20
	Chop 2 cups onion, 1 cup celery, 1 cup bell pepper, 1/2 cup parsley, and 1/2 cup green onion tops	20
	Reserve some parsley for garnish	1
	Mince a clove of garlic (1/2 tsp.)	1
	In a large saucepan or Dutch oven over high heat, melt 8 Tbsp. butter and then sauté onions, celery, bell pepper, and garlic until the onions start to brown	6
	Add 1 Tbsp. tomato paste and stir	1
	Add 1/2 cup parsley, 1/2 cup green onions, 1 1/2 tsp salt, 1/4 tsp. cayenne pepper, and 1/4 tsp. black pepper	5
	Stir in rich stock and then bring to a boil	2
	Reduce heat, cover and simmer	
	Peel and devein 1 1/2 lb. shrimp	25
	May pause at this point to finish at another location	
	Add shrimp and cook until pink	6
	Mix 2 tsp. cornstarch with 1 Tbsp. water	1
	Add the cornstarch and bring to a boil	1
	Serve immediately over rice and garnish with parsley; 1/2 cup rice to 3/4 cup etouffee	1
	Total	1 hr. 11 min