

RECIPE CARD

BY CHEF *Gwendolyn Thomas*

LOUISIANA SHRIMP CREOLE

INGREDIENTS

- 2 Tbsp of vegetable oil
- 2 Tbsp of butter
- 1 medium onion (finely diced)
- 1 red and 1 green bell pepper (diced)
- 3 stalks of celery (diced)
- 1 to 2 Tbsp of Creole seasoning
- ½ Tsp of cayenne pepper
- 1 bay leaf
- 1 Tsp dried or fresh thyme
- 1 can of tomato sauce (15 oz) or
- 1 can of dice tomatoes (puréed)
- 1 cup of chicken broth mixed water.
- Add 1 cup more if you want it to be loose.
- 1 Tbsp of Worcestershire sauce
- 1 ½ lbs of large shrimp 16-20 count peeled and deveined, tail removed
- Louisiana Hot Sauce to taste
- Salt and pepper to taste
- Green onions or parsley to sprinkle on top when finished.
- Cooked rice

PROCEDURES ON BACK

Feeds 2 to 4 people

Prep time: 25 minutes

Cook time: 30 minutes

PROCEDURES

1. Heat your oil and butter over a medium to high heat in a skillet.
2. Add onions, bell peppers, celery, (if you want a thick sauce add 1 Tbsp of flour in with your veggies and oil).
3. Reduce heat to medium and cook your veggies for about 10 minutes or until veggies are soft.
4. Add the garlic, your Creole seasoning, thyme, cayenne pepper, bay leaf. Stir all the ingredients.
5. Add your tomato sauce or puréed tomatoes, chicken stock mixed with water, and Worcestershire sauce.
6. Bring to a boil, reduce the heat to low and simmer uncovered for 8 to 10 minutes or until sauce thickens.
7. Add your shrimp in last and cook for 2 minutes, stir the shrimp in the sauce so it will cook until pink and evenly.
8. Add salt and pepper and hot sauce to taste.
9. Remove your bay leaf.
10. Serve over hot rice, sprinkle green onions or parsley on top.

DELICIOUS!!! C'est Ce Bon!!!!

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