

SHRIMP CREOLE

This recipe is adapted from Paul Prudhomme, one of the icons in Louisiana cooking.

There are several keys to this dish built on Prudhomme's foundation of briny Louisiana shrimp, a pungent shrimp stock and light brown roux.

The recipe I found and slightly adapted was adapted from Prudhomme.

Ingredients

1 pound smoked bacon, but the bacon is not used... only 6 Tbsp the fat is used after cooking the bacon

3 pounds large raw (Louisiana) shrimp, head and tail on I found these at Viva Market in Dixon CA

8 cups water

1 cup dried shrimp I adapted here and used the shells etc (tied in muslin fabric) to make the shrimp stock

4 Tbsp flour

4 c finely diced onions

2 c finely diced celery

1 ½ c finely diced green bell pepper

3 Tbsp minced garlic

2 bay leaves (I used ½ tsp powdered bay leaf)
2 Tbsp flat leaf parsley
2 Tbsp thyme
2 tsp salt
2 to 3 tsp freshly ground pepper
1 to 2 tsp cayenne
1 Tbsp Louisiana hot sauce *

2 ½ c shrimp stock

**4 c tomato puree (I did not use the additional 2c
peeled and chopped tomatoes from the recipe)**
1 to 2 tsp sugar

½ c tomato paste

1 Tbsp butter

*** I did not use Louisiana hot sauce – I used Cholula
hot sauce . The difference is the type of chili =
Cholula from Mexico uses guajillo chilies.
Louisiana uses cayenne chilies.
I used 12 drops of the Cholula hot sauce**

Peel and devein shrimp

**Fry the bacon --- set bacon aside for another use and
keep 6 Tbsp of the fat to make a roux**

**Make the stock using 8 c of water with dried shrimp (I
did not find this) and shells and heads. Bring to a boil
and then simmer one hour. Remove the tied bag of**

shells, heads and discard. Continue to boil the stock to reduce it down to 6 cups in order to get an intense stock .

In a large fry pan place 6 Tbsp of the liquid bacon fat and slowly add 4 Tbsp flour to make a paste. Continue to cook this until it gets to be a light brown and has a nutty aroma.

Add the diced onions, celery and bell pepper to the roux and continue to cook, stirring until the vegetables begin to caramelize.

Add garlic, parsley, herbs and spices , hot sauce and 2 1/2 c of the stock (reserve the remaining stock in case you need to thin the sauce later).

Add tomato puree and sugar. Simmer 5 minutes. Add the tomato paste (it gives depth) and simmer 10 minutes more.

Check the dish for flavor and thickness. Add more of the stock if necessary to thin it out to a bisque-type consistency. If needed, add more seasonings to your desired spiciness. If you add liquid or spices at this point, simmer for another 10 minutes.

Now, you can either refrigerate the sauce to use later or you can add the shrimp at this point.

When you add the shrimp (the sauce should already be heated), cook until the shrimp are just done (just pink) ; if cooked too long they will become tough. As

the shrimp are cooking, add the butter to create a rich sheen.

Serve immediately over cooked rice.

I did find an easier Shrimp Creole recipe that does not start with a roux and uses chili powder and uses hot sauce instead of Louisiana hot sauce . And does not use shrimp with heads on... which would reduce the shrimp flavor as there is no shrimp stock in the recipe.

From: Marsha Willard