

SHRIMP CREOLE

INGREDIENTS

- 3 tablespoons bacon fat
- 2 tablespoons flour
- 1 tablespoon olive oil
- 1 medium onion, roughly chopped
- 1 cup thinly sliced celery
- 1 cup large diced green bell pepper
- 2 cloves minced garlic
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- 1 1/2 cups shrimp broth
- 2 tablespoons minced flat leaf parsley
- 2 bay leaves
- 1 tablespoon thyme
- 1 to 2 teaspoons salt
- 1 to 2 teaspoons freshly ground pepper
- 1 tsp cayenne pepper
- 1 teaspoon hot sauce
- 2 cups tomato puree
- 1/4 c tomato paste
- 1 to 2 teaspoons sugar
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- 1 pound large shrimp, peeled, deveined

INSTRUCTIONS

1. In a large skillet or Dutch oven, heat bacon fat over medium heat. Add flour to make a paste. Continue to cook this roux until it gets to be a light brown and has a nutty aroma.
2. Heat olive oil and add onion, celery, green bell pepper and garlic. Saute for 5 minutes, until just tender.
3. Add to the roux from number 1 and simmer 5 minutes
4. Stir in fish stock, tomato puree, bay leaves, thyme, salt, pepper, cayenne and hot sauce. Combine well. Bring to a simmer; cover and simmer for 30 minutes.
5. Add the tomato paste and sugar and simmer 5 more minutes.

(As an alternative, the sauce may be refrigerated and then heated just before adding the shrimp.)

6. Stir in shrimp; simmer for 10 more minutes.
6. Check the dish for flavor and thickness. Add more 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

Serve warm over rice.

Ideas for shrimp stock

1. Swanson Seafood Stock – if not found in grocery stores, Amazon and Walmart have it online
2. Cook's Delight Shrimp Base Supreme (may need to omit the salt in the recipe) online at Amazon and soupsonline.com

Probable to use 1 tsp shrimp base for 16 oz water

4. Bar Harbor (Maine) Fish Stock (actually lobster and fish stock)– online at soupsonline.com

Chef Paul Magic Shrimp Seasoning – online at soupsonline.com

(If using this seasoning, it is possible that you could omit the following from the recipe: 2 bay leaves, 2 Tbsp flat leaf parsley, 2 Tbsp thyme, 2 tsp salt, 2 to 3 tsp freshly ground pepper, 1 to 2 tsp cayenne