

Shrimp Etouffée

3 Tbsp Peanut Oil
3 Tbsp Flour
1 Yellow Onion, chopped
½ Green Sweet Bell Pepper, seeded and chopped
3 Ribs Celery, chopped
3 Cloves Garlic, crushed
3 Tbsp Tomato Paste
1¼ cup Chicken Broth
1 cup dry White Wine
2 Bay leaves
1 tsp Basil
1 tsp thyme
1 Tbsp Worcestershire Sauce
2 tsp Tabasco (1)
¼ tsp finely ground Black Pepper
1 tsp Salt
4 Green Onions, chopped
1½ lb. uncooked shrimp, peeled
¼ cup Parsley

Heat a large Dutch oven and add oil and flour. Toast this to a peanut-butter colored roux. Stir often and be careful not to burn.

Add onion, bell pepper, celery, and garlic. Sauté 10 minutes or until tender.

Stir in tomato paste, followed by chicken stock and wine. Stir until mixture thickens.

Add remaining ingredients, except for green onions,

shrimp, and parsley, and simmer, covered, for 45 minutes.

Add green onions, shrimp, and parsley, and simmer, uncovered, for 20 minutes.

Serve over rice.

Note: (1) Original recipe called for 4 tsp Tabasco sauce, very spicy.

From: Richard Drury