

One of my personal favorite cuisines hands down is Cajun/Creole! I love the mixes of flavors, spices, meats, and how almost every dish is paired with rice. (We eat a LOT of rice of all sorts in our home!) I was first introduced to Cajun foods as a kid when I lived with family friends and the mom was born and raised in bayous of Louisiana. Every day the home smelled of fresh baked sour dough and creole spices, and from then on I was hooked. The passion, the art, and the culture of Cajun/Creole cuisine has always excited me about cooking. It has also always been a cuisine that I felt is non seasonal, and that any is a good day for Cajun/Creole food!

## Shrimp Etouffee

To make Roux;

- ¼ cup Butter (real butter not margarine!)
- 4 tbsp Unbleached Flour (if you can't find Unbleached, it fine to use All Purpose Flour)r

To make Etouffee

- Roux
- 1 lb of Raw Jumbo Shrimp peeled, deveined, and tails off. But do not get rid of tails and shells if making your own seafood broth/stock.
- 2 cups Seafood Broth ( you don't have or can't find seafood broth, don't sweat it. You can make it very easily.)
- 1 cup Onion, diced
- 2-3 Celery, chopped
- ½ cup Green Bell Pepper, chopped
- ½ cup Orange Bell Pepper, chopped
- 4 Clove Garlic, minced
- 4-5 spring Thyme, minced
- 14 oz Fire Roasted Tomatoes, chopped
- 2 ½ tbsp Cajun/Creole Seasoning, divided. I use half and half of both *Tony Chachere's & Ragin Cajun*
- 3 cup Cooked Rice of your choice

Garnish with;

- 2-3 Green Onion, sliced
- 5-7 Fresh Basil leaves, sliced.

## Directions

First thing about Cajun food, most of it starts with a roux. I keep a jar in my refrigerator at all times!

### To make a Roux;

In a cast iron or saucepan on medium heat melt butter completely.

Once butter is melted, add flour and whisk to mix completely.

Keep whisking butter/flour mixture on medium heat till mixture browns, now how brown is your own preference. I like to get mine to a "peanut butter" tan or a little darker depending on what I am using it in, just remember you can go darker but never lighter, and be sure not to burn your roux by continuing to whisk as it browns.

### To make Seafood Broth;

In a medium pot on medium high heat add chicken stock/broth, shrimp skins and tails and vegetable scraps, bring to a boil and cook for 10-15 minutes.

Strain all ingredients from stock and reserve stock for use later.

### Now to the Good Stuff!!!

In the pan or pot you made your roux in (if making it fresh), with the roux still in it add onions and garlic and whisk to mix well. Cook till onions become translucent.

Next add bell peppers, celery, and thyme to pot, mix together as best as you can.

Next add seafood stock/broth to pot and mix well with a whisk till it all is well combined.

Add in tomatoes and 1 tbsp Cajun/Creole seasoning, mix well and let simmer on medium heat but stirring often till it thickens.

Make rice according to package.

### Now the Shrimp;

Once shrimp is peeled, tails off, and deveined, pat dry with a paper towel.

With the remaining Cajun/Creole season cover Shrimp all over, and let rest while your pan it heating.

In a pan on medium high heat with 2 tbsp of butter or oil, add shrimp in a single layer. Cook shrimp for 8 mins on both sides, if your shrimp browns from

the seasoning burning, it's fine. You want that coloring! But do not over cook the shrimp, you also want to keep them juicy and firm, not mushy!

When shrimp have finished cooking, remove from pan and place them on a plate.

Now we construct the dish with all our yummy shrimp, rice, and Etouffee.

In a bowl, add rice to center in a doom shape.

Add Etouffee to the outer perimeter of rice, like a moot or bayou, lol. Sorry, couldn't help myself...

Now add 3-4 Shrimp on top of rice, and garnish with sliced green onion and fresh basil.

For those who like a little more heat, I put out a bottle of Texas Pete hot sauce.

