



Shrimp Etouffée

Ingredients

Seasoning mix:

2 tsp salt
2 tsp ground red pepper (cayenne)
1 tsp white pepper
1 tsp black pepper
1 tsp dried sweet basil leaves
1/2 tsp dried thyme leaves

1/4 cup chopped onions
1/4 cup chopped celery
1/4 cup chopped green bell pepper
7 Tbsp vegetable oil
3/4 cup all-purpose flour
3 cups, in all, seafood stock
1/2 lb (2 sticks) butter
2 lbs peeled crawfish tails or shrimp
1 cup finely chopped green onions
4 cups hot cooked rice

Directions

Thoroughly combine the seasoning mix ingredients in a small bowl and set aside. In a separate bowl combine the onions, celery, and bell peppers.

In a large heavy skillet, preferably cast iron, heat the oil over high heat until it begins to smoke, about 4 minutes. With a long-handled metal whisk, gradually mix in the flour, stirring until smooth. Continue cooking, whisking constantly, until roux is dark red-brown, about 3 to 5 minutes (be careful not to let it scorch in the pan or splash on your skin). Remove from heat and immediately stir in the vegetables and 1 tablespoon of the seasoning mix with a wooden spoon; continue stirring until cooled, about 5 minutes.

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Source: *Chef Paul Prudhomme's Louisiana Kitchen* (Prudhomme)



Shrimp Etouffée, cont.

Directions, cont.

In a 2-quart saucepan bring 2 cups of the stock to a boil over high heat. Gradually add the roux and whisk until thoroughly dissolved. Reduce heat to low and cook until flour taste is gone, about 2 minutes, whisking almost constantly (if any of the mixture scorches, don't continue to scrape that part of the pan bottom). Remove from heat and set aside.

Heat the serving plates in a 250F oven.

In a 4-quart saucepan melt 1 stick of the butter over medium heat. Stir in the crawfish (or shrimp) and the green onions; sauté about 1 minute, stirring almost constantly. Add the remaining stick of butter, the stock mixture, and the remaining 1 cup stock; cook until butter melts and is mixed into the sauce, about 4 to 6 minutes, constantly shaking the pan in a back-and-forth motion (versus stirring). Add the remaining seasoning mix; stir well and remove from heat (if sauce starts separating, add about 2 tablespoons more of stock or water and shake pan until it combines).

Serve immediately. To serve, mound 1/2 cup rice on each heated serving plate. Surround the rice with 3/4 cup of the etouffée.



Servings: 8

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