

# SHRIMP CREOLE

***Plenty for a crowd and freezes well... an authentic recipe from a secret family archive.***

***Takes some time to prep and assemble, but worth every minute!***

## **Ingredients:**

- 4 ounces (1 stick) unsalted butter
- 2 cups chopped sweet yellow onions
- 1/3 cup chopped green bell pepper
- 1/3 cup chopped yellow bell pepper
- 1/2 cup chopped red bell pepper
- 1 cup chopped celery
- 2 tablespoons chopped garlic
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 2 bay leaves
- 1 - 14.5-ounce can diced fire-roasted tomatoes
- 1 teaspoon Worcestershire Sauce
- 1 teaspoon hot sauce (or to taste) either *TryMe Tiger Sauce* or *Tabasco Brand Pepper Sauce*
- 2 tablespoons all-purpose flour
- 1 cup water
- 1 cup white wine
- 2 1/2 pounds peeled and deveined large shrimp tails on
- \*1 tablespoon of homemade Creole Seasoning (recipe follows) or whatever pre-made brand you prefer
- 1/2 cup chopped scallions
- 2 tablespoons chopped parsley
- 4 cups cooked long-grain white rice - optional

## How to make it:

- In a large saucepan, over medium heat, melt the butter.
- Add the onions, peppers, and celery to the pan. Season the vegetables with salt and cayenne pepper.
- Sauté the vegetables until they are wilted, about 10 minutes. Stir in the bay leaves, tomatoes, and garlic. Bring the mixture to a boil and reduce to a simmer; continue to cook for about 15 minutes.
- In a small bowl whisk the flour and water together and slowly pour into the vegetable and tomato mixture. Cook for about 5 minutes.
- Add the white wine, Worcestershire and hot sauce and continue to cook for about 10 minutes.
- Separately, season the shrimp to taste with **\*Creole Seasoning** and add them to the pot. Cook the shrimp until they are pink and cooked through, about 6 to 7 minutes. Stir in the green onions and parsley. Remove the bay leaves before serving.
- Serve with white rice or in bowls with some hot crusty bread on the side and a good bottle of Pinot Noir.

### **\*Homemade Creole Seasoning Better than what you can find in a supermarket!**

Assemble ingredients, shake well, and store in a labeled airtight jar. Use to add a kick to soups, grilled meats, fish, shellfish, and vegetables.

2 tablespoons onion powder  
2 tablespoons garlic powder  
2 tablespoons dried oregano  
2 tablespoons dried basil  
1 tablespoon dried thyme  
1 tablespoon black pepper  
1 tablespoon white pepper  
1 tablespoon cayenne pepper  
5 tablespoons sweet Hungarian paprika  
3 tablespoons sea salt