

DENE

Shrimp Étouffée



Ingredients, Étouffée:

- 2 pounds shrimp, shell on
- ¼ cup vegetable oil or lard
- Heaping ¼ cup flour
- ½ large onion, chopped
- 1 bell pepper, chopped
- 1 to 2 jalapeno peppers, chopped
- 1 large celery stalk, chopped
- 4 garlic cloves, chopped
- 1 pint shrimp stock
- 1 Tbsp Cajun seasoning
- ½ teaspoon celery seed
- 1 Tbsp sweet paprika
- Salt and pepper to taste
- 3 green onions, chopped
- Hot sauce (Crystal or Tabasco) to taste
- Premade rice

NOTE: Shrimp, crawfish, and/or crab can be used in any combination. If using crawfish, add them just before serving to warm, as they are pre cooked.

Ingredients, Shrimp Stock:

- Shells from 2 pounds of shrimp
- ½ large onion, chopped
- top and bottom from 1 green pepper
- 2 garlic cloves, chopped
- 1 celery stalk, chopped
- 5 bay leaves

Method:

1. Pour 2 quarts of water into a pot and add all the shrimp stock ingredients. Bring to a boil, drop the heat down, and simmer the stock gently for 45 minutes. Strain through a fine-meshed sieve into another pot set over low heat.

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2. To make the Étouffée, start by making a roux. Heat the vegetable oil or lard in a heavy pot over medium heat for 1 to 2 minutes. Stir in the flour, making sure there are no clumps. Let this cook, stirring often, until it turns a very brown; this should take about 10 minutes or so.
3. Add the celery, green pepper, jalapeño and onion, mix well and cook this over medium heat for 4 minutes, stirring occasionally. Add the garlic and cook another two minutes.
4. Slowly add shrimp stock, then the seasonings and the shrimp: Measure out 2 cups of the shrimp stock and slowly add it a little at a time, stirring constantly so it incorporates. The roux will absorb the stock and seize up at first, and then it will loosen. Add additional stock as needed to make a sauce about the thickness of syrup. Add the Cajun seasoning, celery seed, and paprika and mix well. Add salt to taste, then mix in the shrimp. Cover the pot, turn the heat to its lowest setting, and cook for 10 minutes.
5. Add the green onions and hot sauce to taste. Serve over white rice.