

SHRIMP ETOUFFEE (eh-too-fay) - A CAJUN DISH

You will need AT LEAST a 6-quart stock pot to make this in. Better if you have an 8-10 quart pot or InstaPots work well, too, if they have settings that allow you to sauté and simmer.

Be sure to read the **TIPS** section before you start this recipe.

INGREDIENTS:

- 2 pounds shrimp (large, extra large or jumbo), peeled and de-veined (save tails) or mud bug (crawfish) tail meat, or combination of the two. I get my shrimp frozen, already peeled and de-veined (uncooked) at Sam's Club or Costco - they come in frozen 2-pound bags. Believe me, it is worth a couple of extra bucks per pound to have someone else do this task. Of course, you may still have to de-tail and cut up the shrimp. Defrost and cut into 3 pieces each or leave whole, your preference.
- 3 medium white onions, chopped
- 2 green peppers, chopped
- 1/2 bunch celery, chopped
- 1 bunch green onions, chopped - reserve upper stems for garnish, use white part with other onions
- 1 large clove (not entire bulb) garlic, minced or pressed
- 1 stick (1/4 pound or 8 Tbsp) **REAL** butter, **NOT** margarine
- 4 tsp or to taste Cajun seasoning (see **TIPS** section)
- 2 cans Ro-Tel diced tomatoes and green chiles (heat level according to taste), not drained
- 3 cans tomato sauce
- ¼ or a little more whole milk or cream
- cooked rice for serving

DIRECTIONS:

1. I chop all the ingredients (except green onions) by hand into chunks about the size of a small finger tip. Be careful if you use a food processor not to chop up too much or too small.
2. Melt butter in a very large skillet or stock pot (Dutch oven), 6-quart or larger, and sauté the vegetables until they are very tender or onions are almost translucent.
3. Pour in Ro-Tel and tomato sauce and stir well.
4. Bring to a boil then immediately reduce heat and simmer for about 45 minutes to 1 hour. Pot covered.
5. Add spices/seasoning near the end of the simmering step above.
6. Shrimp and Crawfish meat cook very quickly - add them during the last 5 minutes of simmering or after you take the pot off the heat - they will cook thoroughly. Be careful not to over-cook or they will be tough.
7. Add milk or cream and stir well.

8. If desired, thicken by preparing a mix of equal parts of cold water and corn starch and stirring gradually into pot. Usually I just take the lid off the pot at the 45-minute mark and allow to simmer and boil off some of the water for about 15 more minutes.
9. Serve over cooked rice (plain white is traditional, but any variety you like is okay) with garlic bread and wash it down with Dixie brand beer.
10. Garnish with green onion tops.

TIPS:

For the seasoning, use your favorite Creole seasoning such as: Emeril's Essence Creole Seasoning (order from Amazon.com or Creole seasoning mix like Tony Chachere's (pronounced saa-shur-ray) - in the green shaker at most grocery stores in the spice section – check [the website](#) for more options). Also check [The Spice House](#) or [Penzey's](#) for more options. Most places have salt-free options.

As for the shrimp portion, you don't have to cut them up, but I like to as this almost assures shrimp in every spoonful - you can never have too much shrimp in my opinion. Just remember how much you hate restaurants that "scrimp on the shrimp." For the shrimp, I only use wild-caught and not farm raised. I don't eat any fish or seafood that is farm-raised, especially if it's from a foreign country – don't make me explain why, just take my word on this. Open-ocean farm raised is okay, though. Sometimes it may be difficult to find wild-caught shrimp, so you may have to go to stores like Sprout's or Whole Foods. However, recently I have been getting the Member's Mark uncooked, frozen Argentine red shrimp, peeled, de-veined and de-tailed at Sam's' Club.

Some folks can't tolerate Ro-Tel for some reason. In lieu of Ro-Tel, use 2 cans chopped or petite diced tomatoes (not drained) and 2 small cans (or one 7-ounce can), not drained, of chopped green chiles.

For a spicier dish, I usually include 2 poblano (pasilla) peppers, chopped, and or about 3 finely-chopped jalapenos (seeds removed) and a couple more cloves of garlic.

Pour in a bottle of your favorite beer with the tomato sauce. Leave out if you are serving it to anyone who doesn't like beer or who may be a recovering alcoholic.

To make it even easier, I usually just get the microwave-in-the-bag rice or the individual serving microwave rice cups.

Once you have accumulated a lot of shrimp tails, (I keep a running bag in the freezer) make up some of you favorite fish-fry batter, dump them in batter and stir well, then deep-fry them. Known as Cajun Popcorn. Hint: Add some Cajun seasoning to your batter mix.

People on salt-restricted diets should be careful of this dish. The main ingredient in most spice mixes is salt and also the shrimp contain quite a bit as well.

Leftovers freeze well and keep for months. I suggest re-heating on the stove and not in the microwave as the microwave easily overcooks the shrimp and makes them tough.