

# Name: Louisiana Shrimp Creole

<b>Yield: Serves 6-8</b>	<b>Author: Bryant Walker</b>		
<b>Ingredients</b>	<b>Actual</b>		<b>Notes</b>
	<b>Weight</b>	<b>Measure</b>	
Butter - 1 or more sticks			
Flour	8 tbsp		
Parsley	1 cup		Chopped
Green onions	1 dz		Chopped
Green pepper	1		Chopped
Garlic cloves – 8-9			Minced
Shrimp	4 lb or more		
Celery – 1/2 stalk			Chopped
Onions – 2 medium			Chopped
Water		6 cups	
Tomato paste – 3 cans			
Sugar	1 tsp		
Salt	2 tbsp		
Apple cider vinegar		1/4 cup	Optional
<b>Preparation</b>			
<b>Cooking Directions</b>			
<ol style="list-style-type: none"><li>1. Make a roux by cooking butter and flour until browned; add vegetables. Sauté 10-15 minutes.</li><li>2. Add water and remaining ingredients except vinegar and shrimp. Simmer 30 minutes.</li><li>3. Add vinegar and simmer 1 hour and 30 minutes.</li><li>4. Add shrimp and bring to a boil and simmer 20 minutes.</li><li>5. The key is to not overcook your shrimp. Let them slowly simmer in the sauce until just cooked through. Serve over hot rice.</li></ol>			