

Name: Shrimp Etouffee

Yield: Serves 6	Author: Bryant Walker		
Ingredients	Actual		Notes
	Weight	Measure	
Salted butter	4 oz.	1/2 cup	Melted
All-purpose flour	1.5 oz.	1/3 cup	
Onion, Vidalia – 1 large		2 cups	Chopped
Celery		1/2 cup	Chopped
Garlic		2 tsps.	Minced
Red bell pepper		1/2 cup	Chopped
Green bell pepper		1/2 cup	Chopped
Seafood broth		1 cup	
Water		1 cup	
Shrimp, large deveined	2 lbs		Peeled and Thawed
Hot sauce. Louisiana (optional)		2 tsps.	
Salt, kosher		1-1/4 tsps.	
Black pepper		1/2 tsp.	
Green onions		1/4 cup	Chopped
Parsley, fresh		1/4 cup	Chopped
Rice, white long grain		optional	Cooked
Preparation			
First you make a roux. Melt butter in a large Dutch oven (or other suitable pot) over medium-low; stir in flour. Cook, stirring constantly, until mixture turns golden brown, 10 to 12 minutes. Increase heat to medium, and add onion, celery, and garlic. Cook, stirring often, until soft and golden, about 15 minutes.			
Cooking Directions			
<ol style="list-style-type: none">1. Stir in bell peppers, and cook, stirring often, 5 minutes2. Stir in broth and water, and cook, stirring constantly, until mixture thickens, 7 to 10 minutes3. Stir in shrimp, and cook, stirring occasionally, until shrimp turn pink, about 5 minutes.4. Stir in hot sauce, salt, and pepper; cook 5 more minutes5. Stir in scallions and parsley, and simmer 5 minutes6. Remove from heat. Cover and let stand 5 minutes. Serve immediately over hot cooked rice. (about 1 cup of etouffee over rice)			