

SHRIMP COURTBOULLION

Ingredients needed:

- 1 1/2 pounds shrimp
- 1 tablespoon plus 1 teaspoon Creole seasoning
- 1/3 cup vegetable oil
- 1/3 cup flour
- 1 cup chopped celery
- 1 cup chopped onions
- 1/2 cup chopped bell peppers
- 2 mild green chiles or banana peppers, sliced lengthwise in half and seeded
- 2 bay leaves
- 1 tablespoon minced garlic
- 2 cups chopped peeled and seeded tomatoes or 2 cups chopped canned tomatoes
- 1 cup water
- 1 3/4 cup chicken broth
- 3/4 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1/4 cup chopped green onions
- 2 tablespoons chopped parsley
- Cooked rice

Season the shrimp with Creole seasoning. Set aside in the refrigerator. Make a roux by combine the oil and flour in a large cast iron or enameled cast iron Dutch oven over medium heat. Stir slowly with a wire whisk or wooden spoon for about 15 to 20 minutes, or until the roux becomes dark brown, the color of chocolate. Add the celery, onions, bell peppers, and chiles. Cook, stirring often, for 6 to 7 minutes. Add the bay leaves and garlic and cook for about 2 minutes. Add the tomatoes and water. Season with Creole seasoning. Reduce the heat to medium-low and cook, uncovered, for about 1 hour, or until a thin oil film appears on the surface. Stir occasionally to prevent the mixture from sticking. Increase the heat to medium, add the broth, salt, and cayenne and cook for about 15 minutes. Add the shrimp and cook for about 10 minutes, or until the shrimp turn bright pink and the tails curl in. During the last 5 minutes of cooking time, add the green onions and parsley. Remove the bay leaves. Spoon the rice in the center and ladle the Courtbouillon over the rice. Garnish with parsley.

Yield: 4 servings

Submitted By: Ron Jackson