

From Your Neighbors' Kitchens



Shrimp Etouffee

Mike Andries

A favorite choice for Gulf Coast shrimp lovers and any guests lucky enough (as I was) to get invited over to sample it.

Ingredients

12 Tbs. butter
1/2 cup flour
2 cups chopped onion
2 cups chopped green pepper
2 cups chopped celery
2 Tbs. finely chopped garlic
6 Tbsp shrimp drippings (most of liquid from Treebeards Shrimp recipe below)
2 tsp. fresh lemon juice
1/2 cup thickly sliced green shallot (scallion) tops
2 Tbs. finely minced fresh parsley
4 tsp tomato paste (or Mike uses 1 can Diced Tomatoes)
3 cups Treebeards' Shrimp (see Treebeards Etouffee recipe)
1-2 cups cold water



Prepare Treebeard's Shrimp (see below) and set aside.

In a heavy 5- to 6-quart pot or kettle, melt butter over low heat. Gradually add flour, stirring constantly. Cook over low heat until a light tan roux is formed (15-20 minutes). Quickly add the onion, green pepper, celery, and garlic and continue to cook, stirring frequently, until the vegetables are glazed and tender (about 20 minutes). Add shrimp drippings, lemon juice, shallot tops, parsley and tomato paste (or stewed tomatoes) and mix well. Add Treebeards Shrimp and cold water and bring to a boil then lower heat and simmer. Do not overcook the shrimp.

Treebeards' Shrimp

Vegetable or Olive Oil
1 tsp salt
1/2 tsp black pepper
1/2 tsp cayenne pepper
1/2 tsp garlic powder
2 lb peeled shrimp
4 Tbsp vinegar

In a large, heavy skillet over medium heat, add just enough oil to cover bottom of skillet, and heat until oil is hot. Sprinkle the spices over the shrimp. Add vinegar and seasoned shrimp to skillet and cook, tossing frequently, just until shrimp are opaque. Remove skillet from heat and cover with tight fitting lid. Cool for 15 minutes. Remove shrimp with slotted spoon and reserve drippings.