



Shrimp Etouffee

Serves 4

Ingredients

- 6 tablespoons salted butter
- 1/4 cup flour
- 1 cup onion, chopped
- 1/2 cup green pepper, chopped
- 1/2 cup celery, chopped
- 1 tablespoon garlic, minced
- 1 1/2 cup shrimp medium size, peeled and deveined
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cayenne
- 1 teaspoon fresh lemon juice
- 1/3 cup green onion, thinly sliced
- 1 tablespoon chopped parsley
- Cooked rice

Method

In a 6 quart pot, melt butter over low heat. Gradually add the flour, stirring constantly. Cook over low heat until a medium brown roux is formed, about 10 minutes. Quickly add the onion, green pepper, celery and garlic and continue to cook, stirring frequently until vegetables are glazed and tender, about 10 minutes).

Add the shrimp, salt, black pepper, cayenne, lemon juice, green onion and parsley, mix well.

Add 2 cups of water and bring to a boil, then lower heat and simmer until the shrimp are tender and have changed color, about 8 to 10 minutes. Serve over boiled rice.