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Shrimp Étouffée Recipe

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SHRIMP ÉTOUFFÉE RECIPE

Ingredients

- 2 lbs. frozen cooked shrimp, without tails and deveined (Could use raw shrimp)
- 1 cup butter
- 3/4 cup flour
- 1 cup diced white onions
- 1/2 cup diced green onions
- 1 cup diced celery
- 3/4 cup diced green pepper
- 1/2 cup minced fresh parsley
- 1 Tbsp. minced garlic
- 1 14 oz. can diced tomatoes
- 3 cups seafood stock
- 2 Tbsp. Worcestershire sauce
- 1 tsp. Louisiana hot sauce
- 2 Tbsp. Cherchies Cajun Seasoning

Preparation

1. Chop and assemble all ingredients before you start the cooking process.
2. Melt the butter in a large pan over medium heat. Stir in the flour and mix until smooth paste forms. Keep stirring until lightly browned. This is called a roux. Add all the diced and minced ingredients to the hot roux. Stir and cook until ingredients are softened about 5 minutes.
3. Add the diced tomatoes and the seafood stock. Cook and additional 5 to 6 minutes or until veggies are done to your liking. If sauce becomes too thick, add additional seafood stock. Add Worcestershire sauce, hot sauce, shrimp, and Cherchies Cajun Seasoning and cook until heated through.
4. Serve the etouffee over rice, or mashed potatoes. Keep the hot sauce on the side for those who like it hotter. Enjoy!

