

KINNEY'S *Kitchen*



Ingredients

Optional Shrimp Stock:

- Shells from 2 pounds of shrimp
- 1/2 large onion, chopped
- Top and bottom from 1 green pepper
- 2 garlic cloves, chopped
- 1 celery rib, chopped
- 5 bay leaves

Etouffee:

- 2 pounds shrimp, shell on (remove shells for use in the shrimp stock, if not making your own stock, you can get shrimp already shelled)
- 1/4 cup vegetable oil
- Heaping 1/4 cup flour
- 1/2 large onion, chopped
- 1 bell pepper, chopped
- 1 to 2 jalapeno peppers, chopped
- 1 large celery stalk, chopped
- 4 garlic cloves, chopped
- 1 pint shrimp stock (see above), or clam juice or pre-made fish or shellfish stock
- 1 Tbsp Cajun seasoning
- 1/2 teaspoon celery seed
- 1 Tbsp sweet paprika
- Salt
- 3 green onions, chopped
- Hot sauce to taste

Shrimp Etouffee

Instructions

1. Make the shrimp stock: Pour 2 quarts of water into a pot and add all the shrimp stock ingredients. Bring to a boil, drop the heat down and simmer the stock gently for 45 minutes. Strain through a fine-meshed sieve into another pot set over low heat.
2. Make the roux: To make the etouffee, start by making a roux. Heat the vegetable oil in a heavy pot over medium heat for 1 to 2 minutes. Stir in the flour, making sure there are no clumps. Let this cook, stirring often, until it turns very brown; this should take about 10 minutes or so.
3. Add the vegetables: Add the celery, green pepper, jalapeño and onion, mix well and cook this over medium heat for 4 minutes, stirring occasionally. Add the garlic and cook another 2 minutes.
4. Slowly add shrimp stock, then the seasonings and the shrimp: Measure out 2 cups of the shrimp stock and slowly add it a little at a time, stirring constantly so it incorporates. The roux will absorb the stock and seize up at first, then it will loosen. Add additional stock as needed to make a sauce about the thickness of syrup.
5. Add the Cajun seasoning, celery seed and paprika and mix well. Add salt to taste, then mix in the shrimp. Cover the pot, turn the heat to its lowest setting and cook for 10 minutes.
6. Add the green onions and hot sauce to taste. Serve over white rice with a Bee's Knees cocktail.

