

# One-Pot Shrimp Perloo

In the Lowcountry region (the coastal areas of the Carolinas and Georgia), perloo is a beloved rice dish often made with the region's plentiful shellfish. Similar to jambalaya, perloo starts with a flavorful base of rice simmered with tomato, bell pepper, celery, garlic and onion. We're making ours with hearty, absorbent bomba rice—a Spanish variety traditionally used for paella—and cooking it risotto-style before stirring in the shrimp right at the end. The heat of the perloo will cook the shrimp, even without a flame, for the perfect, crisp texture. Enjoy, chefs!



## Ingredients

- 10 Ounces Shrimp
- 1 Cup Bomba Rice
- 1 15-Ounce Can Diced Tomatoes
- 3 Cloves Garlic
- 2 Scallions
- 1 Stalk Celery
- 1 Green Bell Pepper
- 1 Lemon
- 1 Yellow Onion
- 1 Bunch Parsley

## Knick Knacks

1½ Tablespoons Cajun Spice Blend  
(Smoked Sweet Paprika, Mustard Powder, Onion Powder, Ground Cayenne Pepper, Garlic Powder, Dried Oregano & Dried Thyme)

Makes 2 Servings

About 665 Calories Per Serving

Prep Time: 15 min | Cook Time: 25 to 35 min





1



## Prepare the ingredients:

Wash and dry the fresh produce. Peel and mince the garlic. Halve the celery lengthwise; slice crosswise into ½-inch-thick pieces. Cut out and discard the stem, ribs and seeds of the bell pepper; medium dice. Peel and small dice the onion. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Quarter and deseed the lemon. Finely chop the parsley leaves and stems.

2



## Start the perloo:

In a large pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic, celery, bell pepper, onion and white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until softened and fragrant.

3



## Add the rice:

Add the **rice** and **¾ of the spice blend** to the pot; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until toasted and fragrant.

4



## Add the tomatoes & water:

Add the **diced tomatoes** and **3 ½ cups of water** to the pot; season with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to medium-low. Simmer, stirring occasionally, 14 to 18 minutes, or until the rice is tender and the mixture has thickened. (If the mixture seems dry, add up to ¼ cup of water to achieve your desired consistency.) Remove from heat.

5



## Add the shrimp & finish the perloo:

While the perloo simmers, pat the **shrimp** dry with paper towels and place in a bowl; season with salt, pepper and the **remaining spice blend**. Toss to thoroughly coat. Off the heat, add the **seasoned shrimp, half the parsley and the juice of all 4 lemon wedges** to the pot; stir to thoroughly combine. Let stand 2 to 3 minutes, or until the shrimp are opaque and cooked through. Season with salt and pepper to taste.

6



## Serve your dish:

Divide the **finished perloo** between 2 dishes. Garnish with the **green tops of the scallions and remaining parsley**. Enjoy!