

Shrimp Étouffée

with Tomatoes & Arborio Rice

PREP TIME: 15 minutes

COOK TIME: 35-45 minutes

SERVINGS: 4

Shrimp étouffée, whose name literally translates to "smothered shrimp," is a Louisiana classic with many regional variations. Ours begins with a dark roux (butter and flour cooked together until brown and nutty), to which we add celery, green bell pepper and scallions. This "trinity" of aromatics builds layers of flavor for our creamy rice, seasoned with filé—an earthy, herbal spice ground from the dried leaves of the sassafras tree. Just before serving, we're stirring in the shrimp itself, coating it with all the delicious flavors of the dish.



BLUE APRON WINE PAIRING:

Le P'tit Paysan Riesling, 2016

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Ingredients



1 1/8 lbs
SHRIMP



1 cup
ARBORIO RICE



1 14-oz can
WHOLE PEELED
TOMATOES



3 cloves
GARLIC



2 stalks
CELERY



2
SCALLIONS



1
GREEN BELL
PEPPER

KNICK KNACKS:



4 Tbsp
BUTTER



2 Tbsp
ALL-PURPOSE
FLOUR



1 1/2 tsp
CAJUN SPICE
BLEND*



2 Tbsp
CRÈME FRAÎCHE



1 Tbsp
HONEY

* Smoked Paprika, Cayenne Pepper, Ground Black Pepper & Filé Powder



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1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Small dice the celery.
- ☐ Peel and mince the garlic.
- ☐ Cut out and discard the stem, ribs and seeds of the pepper; small dice.
- ☐ Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- ☐ Place the tomatoes in a bowl; gently break apart with your hands.

2 Make the roux:

- ☐ In a large pot, heat the **butter** on medium-high until melted.
- ☐ Add the **flour** and cook, whisking frequently, 3 to 4 minutes, or until browned.



3 Cook the vegetables:

- ☐ Add the **celery, garlic, pepper and white bottoms of the scallions** to the pot; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until slightly softened.

4 Start the rice:

- ☐ To the pot, add the **rice, tomatoes, 4 cups of water** and **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Heat to boiling on high.
- ☐ Once boiling, reduce the heat to medium-high. Cook, stirring occasionally, 25 to 27 minutes, or until most of the liquid has been absorbed and the rice is al dente (still slightly firm to the bite).
- ☐ Turn off the heat and stir in the **honey** and **crème fraîche**. Season with salt and pepper to taste.



5 Cook the shrimp & finish the rice:

- ☐ Once the rice has cooked for about 20 minutes, rinse the **shrimp**; pat dry with paper towels.
- ☐ In a large pan (nonstick, if you have one), heat 2 tablespoons of olive oil on medium-high until hot.
- ☐ Add the shrimp; season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until opaque and cooked through.
- ☐ Transfer to the pot of **cooked rice**; stir to thoroughly combine. Season with salt and pepper to taste.



6 Serve your dish:

- ☐ Divide the **finished rice and shrimp** between 4 dishes. Garnish with the **green tops of the scallions**. Enjoy!