

New Orleans-Style Shrimp Etouffee

with Jasmine Rice

Etoufee (literally meaning “smothered”) is a popular Cajun and Creole dish popular in New Orleans and the Louisiana bayous. For this simple, flavorful shrimp stew, you’ll be using a combination of bell pepper, onion and celery, sometimes called the “trinity” of Cajun and creole cuisine. These aromatic ingredients are used in the same way traditional French cuisine uses mirepoix, to establish a flavorful base for the dish. To this base you’ll add other traditional herbs and spices like fresh bay leaves and a special blend of Cajun seasoning.



Ingredients

- 10 Ounces Peeled, Deveined Shrimp
- 3 Cloves Garlic
- 3 Scallions
- 1 Bunch Parsley
- 1 Green Bell Pepper
- 1 Stalk Celery
- 1 Yellow Onion
- ¾ Cup Jasmine Rice
- 2 ½ Tablespoons Flour
- 2 Tablespoons Butter
- 1 14.5-Ounce Can Diced Tomatoes
- 2 Fresh Bay Leaves
- ¼ Teaspoon Cajun Seasoning (Salt, Paprika, Garlic, Onion, Cayenne & Black Pepper)

Makes 2 Servings
About 550 Calories Per Serving



Instructions



1 Prepare the ingredients:

Wash and dry the fresh produce. Remove the shrimp from the refrigerator to bring to room temperature. Peel and mince the garlic. Thinly slice the scallions on angle, separating the white bottoms and green tops. Pick the parsley leaves off the stems; roughly chop the leaves. Remove and discard the stem, seeds and ribs of the bell pepper; medium dice the bell pepper. Halve the celery stalk lengthwise, then small dice. Peel and small dice the onion.



2 Cook the rice:

In a small pot, combine the **rice**, **1½ cups of water** and a **big pinch of salt**. Heat to boiling on high, then cover, reduce the heat to low and simmer 10 to 12 minutes, or until all the water is absorbed. Remove from heat and let rest for 5 minutes. Fluff the finished rice with a fork.



3 Make the roux:

While the rice is cooking, in a medium pot, melt the **butter** on medium-high. Once the butter is completely melted, stir in the **flour** and mix until well-combined. Cook the roux 1 to 2 minutes, or until golden brown, stirring constantly.



4 Cook the vegetables:

Add the **onion, garlic, celery, bell pepper** and **white parts of the scallions** to the roux; cook 2 to 4 minutes, or until the vegetables have softened, stirring occasionally.



5 Add the shrimp:

To the pot of vegetables, add the **tomatoes, bay leaves**, and **as much of the cajun seasoning as you'd like** depending on how spicy you'd like the dish to be. Season with a little salt and pepper and add **1½ cups of water**; cook 3 to 4 minutes, or until slightly thickened. Season the **shrimp** with salt and pepper and add to the stew. Gently simmer, stirring occasionally, 4 to 5 minutes, or until the shrimp are pink and opaque. Remove from heat and stir in **half of the parsley**.



6 Plate your dish:

Divide the rice between 2 dishes and top with the shrimp stew. Garnish with the **green parts of the scallions** and **remaining parsley**.