

Shrimp Étouffée

By Vallery Lomas

YIELD 4 servings

TIME 30 minutes

Found in both Creole and Cajun cuisines, étouffée is most commonly made with crawfish tails, which have a distinct flavor, but crawfish have a short season and aren't readily available in most places. This version, with shrimp, is more than a worthy substitute, and an excellent dish all its own. The dish takes its name from the French word "étouffée," which nods to its protein being smothered with sauce. This recipe uses a shortcut version of a roux: The flour is added after the onion, celery, bell pepper and garlic have already been sautéed in the butter. If you omit the hot sauce, add apple cider vinegar in its place.

INGREDIENTS

4 tablespoons unsalted butter
1 yellow onion, finely chopped
2 celery stalks, thinly sliced
½ green bell pepper, finely chopped
4 garlic cloves, minced
3 tablespoons all-purpose flour
2 tablespoons tomato paste
¾ cup chicken or vegetable stock
1 tablespoon hot sauce, or to taste
1 dried bay leaf
2 teaspoons store-bought or homemade Creole seasoning (see Tip)
Kosher salt and black pepper
1 pound shrimp, peeled and deveined
1 scallion, green parts chopped
White rice, for serving

PREPARATION

Step 1

In a large skillet, melt the butter over medium-high heat. Add the onion, celery and bell pepper, and cook until softened, about 7 minutes. Add the garlic and cook until fragrant, 1 more minute.

Step 2

Sprinkle the flour over the ingredients and stir constantly until lightly toasted, about 5 minutes. Add the tomato paste, and stir and cook for 1 more minute.

Step 3

Pour in the stock and ¾ cup water. Cook until the liquid is reduced by half, about 3 minutes. Add the hot sauce, bay leaf, Creole seasoning, 1 teaspoon salt and ½ teaspoon pepper. Bring to a boil, and cook until the mixture starts to thicken, about 2 minutes.

Step 4

Stir in the shrimp and reduce the heat to medium. Simmer until the shrimp is cooked through and opaque, about 5 minutes, turning each piece halfway through. Remove from the heat. Taste and adjust seasoning. Sprinkle the scallions on top. Serve warm over rice.

Tip

To make your own Creole seasoning, combine 1 tablespoon smoked paprika, 1 tablespoon chile powder, 1 teaspoon onion powder, 1 teaspoon garlic powder, 1/2 teaspoon cayenne pepper (or less, if desired), 1/2 teaspoon fine sea salt and 1/2 teaspoon black pepper in a

small bowl and stir together. Store in an airtight container in a cool, dry place.

PRIVATE NOTES

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