



Shrimp Creole

INGREDIENTS

1 large saucepan

1 large sauté' pan

1lb raw – shell on – large shrimp (Gulf shrimp work best)

1 medium green bell pepper – chopped.

1 medium yellow bell pepper – chopped.

1 medium tomato – chopped.

3 stalks celery - chopped.

1 medium yellow onion - chopped.

3 – 4 tsp salt/pepper/garlic mixture (Try Kinder's "The Blend")

1 – 2 tbsp garlic butter (Try Chef Shammy)

1 - 2 tsp minced garlic (1-2 cloves)

1 – tsp thyme leaves

1 tsp cayenne pepper

4 – 6 leaves fresh basil

1 tbsp Old Bay seasoning

1 large can diced tomatoes

2 tbsp Creole seasoning (Try Zatarain's)

2 cups fish stock

1 cup dry red wine (try a cabernet)

8 oz V8 juice



METHOD

In the sauté' pan on medium heat, add 1 tbsp garlic butter, and allow it to melt down.

Add 1 tsp creole seasoning and turn together.

Add shell-on shrimp, add thyme and a few basil leaves.

Sauté' until shrimp are cooked about ½ way through.

In the saucepan – heat on high – add remaining butter and 2 tsp creole seasoning.

Add celery, onion, and green bell pepper and sauté until translucent.

Add yellow pepper and mix together. Turn heat down to medium high.

Check shrimp to see if ready to remove from heat.

Add chopped tomatoes and mix together.

Add thyme, 1 tsp salt mixture, creole seasoning, remaining basil, and cayenne pepper.

Turn all together and lower heat to low.

Remove shrimp from heat. Remove shrimp from pan, but allow any liquid to remain.

Peel shrimp – DO NOT throw the peels away.

Return peels to the sauté pan, add fish stock to peels.

SET PEELED SHRIMP ASIDE.

Cook the shell stock at medium low.

In Saucepan – add 8 oz red wine.

Add canned tomatoes. Stir together and raise heat to medium high.



Add 2 tsp minced garlic and mix in.

At this point do a quick taste test to see if you want more heat.

Add more creole if needed, and cayenne, or Tabasco sauce.

Add 2 – 3 oz red wine to shell stock. Strain stock directly from sauté pan to saucepan via colander. Throw shells away.

Add V8 to saucepan and add Old Bay seasoning. Check flavor again. If salty, add water and V8 or wine to offset.

Once flavor is to your liking, bring to a full boil.

Reduce heat to medium low, add shrimp. Allow them to finish in the creole for about 5 minutes.

Serve over white rice.