



Shrimp Creole

Colles Stowell

For the shrimp creole

Ingredients

- 4 tablespoons butter or ghee
- 1 large yellow onion diced
- 2 ribs celery diced
- 1/2 bell pepper diced
- 1/2 fennel bulb diced
- 2 garlic cloves
- 1 cup of flour
- 1/2 teaspoon salt (or smoked salt if you have it)
- 1/2 teaspoon cayenne pepper (or 1/4 teaspoon cayenne and 1/4 teaspoon hot smoked paprika)
- 1/2 teaspoon thyme
- 1/2 teaspoon black pepper
- white wine to deglaze pan (1/4-1/3 cup)
- 1 cup shrimp stock (See below. You can also use fish or chicken stock)
- 1 15 oz can of diced tomatoes
- 1 bay leaf
- Hot sauce to taste (enough to deliver a piquant overtone without overpowering the shrimp)
- scallions and/or parsley to garnish
- 2 lbs medium to large, shelled and veined wild domestic (US origin) shrimp
- 1 cup rice cooked
- bread for dipping and shoveling

Directions

1. Melt the butter or ghee in a large, deep sided skillet over medium heat.
2. Saute the onions, celery, bell pepper and fennel until they start to soften (about 4 minutes).
3. Add garlic to soften (about 2 minutes).



4. In a small bowl whisk the flour, salt, pepper, cayenne, paprika, and thyme.
5. Slowly stir the flour mixture into the vegetables and let cook for minutes.
6. Deglaze the pan with the white wine, about three minutes.
7. Stir in the stock, tomatoes, hot sauce (to taste!) and bay leaves.
8. Simmer for 20-25 minutes on low heat, stirring occasionally. You want the sauce to cook down and thicken a bit to add some body to the dish.
9. Add the shrimp and ensure to cover them thoroughly. Cook 3-5 minutes until shrimp are just cooked (don't overcook!)
10. Serve over jasmine or basmati rice with parsley and/or scallion garnish.

For shrimp stock

Ingredients

- heads and shells of 10 medium to large shrimp (if you can get head-on shrimp, the heads make the best stock.)
- 1-2 teaspoons tomato paste
- celery tops
- splash of brandy, or bourbon, or white wine.
- onion
- fennel tops
- 1-2 bay leaves
- salt
- 1 tablespoon peppercorns

Directions

1. Heat shells and heads on medium heat until they turn red and you get a fragrant shrimp smell (I typically do this in a stainless stock pot without oil, but you can add a bit if you'd like).
2. Add tomato paste and stir for two minutes.
3. Deglaze the pan with liquor (1 minute).
4. Add water and vegetables.
5. Simmer on low heat for about an hour.
6. Strain and use or refrigerate or freeze (after it cools).

Find this recipe & more in the [January 2023 Newsletter](#).