



Shrimp Creole

MenuManage®

Ingredients:

3 1/4 oz	Onion, sliced
2 1/3 oz	Celery, fresh
1 1/4 oz	Green Bell Pepper, fresh
1 ea	Clove Garlic, minced
2 Tbsp + 3/8 tsp	Vegetable Oil
1 1/4 oz	All Purpose Flour
1/8 tsp	Cayenne Pepper
7/8 tsp	Salt
1/3 cup + 3 1/4 tsp	Tomato Juice
1/8	#10 cans Tomatoes
5/8 tsp	Sugar, granulated
1 lb + 15 oz	Shrimp, fresh, peeled and deveined.

NOTE: Add more seasonings as you prefer.

Directions:

1. Sauté onion, celery and bell pepper in oil until almost tender, but not brown.
2. Add flour, cayenne pepper and salt. Stir until smooth. Cook 5 minutes.
3. Add tomato juice, tomatoes and sugar. Cook 10 minutes.
4. Bring 1 gallon of water to boil per 7 lbs of shrimp. Add raw shrimp to boiling water and bring back to full rolling boil. Lemon juice and seasonings may be added to the water to cook shrimp. Cook only until shrimp turn pink, approximately 3 minutes. Remove from heat and drain immediately.
5. Stir shrimp into tomato mixture.
6. Cook shrimp dish to minimum internal temperature of 145 F for 15 seconds.
7. Serve over rice.

