



Confetti Corn Bread–Crusted Shrimp in Creole Filling

READY IN



45 min.

SERVINGS



8

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 bay leaf
- ☐ 0.5 cup regular corn cream-style canned
- ☐ 14 ounce canned tomatoes diced canned
- ☐ 2 stalks celery thinly sliced
- ☐ 1 cup chicken broth
- ☐ 0.3 cup mild chiles fresh diced green canned peeled drained ()
- ☐ 0.5 cup corn kernels

- ☐ 1 tablespoon creole seasoning
- ☐ 2 eggs at room temperature
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 2 teaspoons granulated sugar
- ☐ 2 tablespoons bell pepper green finely chopped
- ☐ 1 medium onion chopped
- ☐ 2 tablespoons bell pepper red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces bay shrimp
- ☐ 0.5 cup tomato sauce
- ☐ 0.5 cup butter unsalted at room temperature (1 stick)
- ☐ 0.5 cup cornmeal yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ baking pan
- ☐ casserole dish
- ☐ aluminum foil
- ☐ stand mixer
- ☐ spatula

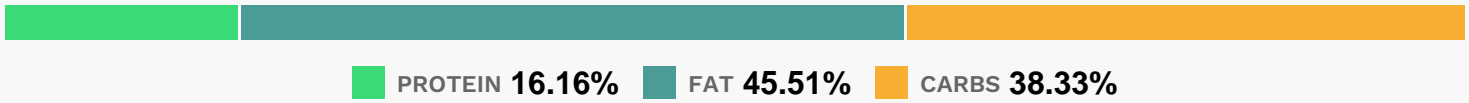
Directions

- ☐ To prepare the filling, melt the butter in a large sauté pan or skillet over high heat.

- ☐ Add the onion, celery, and green bell peppers. Cook until the vegetables are tender, about 3 minutes. Stir in the garlic and Creole seasoning, and cook until the garlic is fragrant, about 1 minute.
- ☐ Sprinkle the flour over the vegetables and stir constantly, about 2 minutes, until slightly thickened.
- ☐ Add the diced tomatoes, tomato sauce, chicken broth, and bay leaf. Stir and bring to a simmer. Reduce the heat to medium, cover the pan with a lid, and cook for 5 minutes.
- ☐ Add the shrimp and heat through, about 2 minutes.
- ☐ Remove the bay leaf and pour the filling into an 8-by-8-inch square or round baking dish. Set aside in a warm area, while preparing the topping.
- ☐ To prepare the topping, preheat the oven to 375°F.
- ☐ Put the butter and sugar in the bowl of a stand mixer fitted with a paddle attachment. Whip on medium speed until light and fluffy, about 2 minutes. Incorporate the eggs one at a time and mix until smooth.
- ☐ Add the green chiles, creamed corn, red and green bell peppers, the flour, cornmeal, baking powder, and salt.
- ☐ Mix on low speed until the mixture forms a soft batter.
- ☐ Carefully dollop the corn bread batter over the filling. Using an offset metal spatula, spread the batter smoothly across the top of the casserole, forming a thin layer.
- ☐ Place the baking dish on a baking sheet in the center of the oven.
- ☐ Bake until the topping is golden brown and the filling is bubbling around the edges, about 40 minutes.
- ☐ Remove from the oven to a cooling rack.
- ☐ Cut through the corn bread with a small knife. Scoop 6 to 8 generous portions of the filling and the corn bread into large soup bowls or onto plates.
- ☐ Note
- ☐ To save time, I like to make the filling a day ahead.
- ☐ Put the cooked shrimp mixture in the casserole dish, wrap in aluminum foil, and refrigerate. When you're ready to serve, preheat the oven to 375°F.
- ☐ Put the covered casserole on a baking sheet and into the oven to warm, about 20 minutes. Meanwhile, make the cornbread topping, spread it over the warm filling, and continue baking until bubbly and golden brown, 40 to 50 minutes.

From Savory Baking:Warm and Inspiring Recipes for Crisp, Crumbly, Flaky Pastries byMary Cech. Text copyright © 2009 by Mary Cech; photographs copyright © 2009 by Noel Barnhurst. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:74.57, Glycemic Load:11.64, Inflammation Score:-7, Nutrition Score:11.798261010129%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 265.48kcal (13.27%), Fat: 13.98g (21.5%), Saturated Fat: 7.88g (49.24%), Carbohydrates: 26.48g (8.83%), Net Carbohydrates: 23.02g (8.37%), Sugar: 6.24g (6.93%), Cholesterol: 117.65mg (39.22%), Sodium: 675.1mg (29.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.33%), Vitamin C: 20.08mg (24.34%), Vitamin A: 1036.06IU (20.72%), Phosphorus: 196.04mg (19.6%), Manganese: 0.34mg (17.11%), Copper: 0.3mg (15.13%), Calcium: 149.29mg (14.93%), Fiber: 3.46g (13.84%), Vitamin B6: 0.27mg (13.45%), Potassium: 451.04mg (12.89%), Folate: 51.07µg (12.77%), Iron: 2.25mg (12.51%), Vitamin B2: 0.2mg (11.56%), Magnesium: 46.07mg (11.52%), Vitamin B1: 0.17mg (11.26%), Vitamin E: 1.65mg (11.02%), Selenium: 7.7µg (11%), Vitamin B3: 2mg (10%), Zinc: 1.29mg (8.57%), Vitamin K: 8.57µg (8.16%), Vitamin B5: 0.6mg (5.96%), Vitamin D: 0.43µg (2.89%), Vitamin B12: 0.13µg (2.13%)