



Shrimp Etouffee



Dairy Free



Popular

READY IN



120 min.

SERVINGS



4

CALORIES



1081 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 bay leaves
- ☐ 1 bell pepper chopped
- ☐ 1 Tbsp cajun spice
- ☐ 0.5 teaspoon celery seed
- ☐ 1 large celery stalk chopped
- ☐ 0.3 cup flour
- ☐ 4 garlic cloves chopped
- ☐ 3 green onions chopped

- ☐ 4 servings hot sauce to taste (Crystal or Tabasco)
- ☐ 1 jalapeño peppers chopped
- ☐ 0.5 large onion chopped
- ☐ 1 top and bottom from pepper green
- ☐ 4 servings salt
- ☐ 2 pounds shells from of shrimp
- ☐ 2 pounds shrimp shelled for use in the shrimp stock, if not making your own stock, you can get shrimp already (remove shells)
- ☐ 1 pint shellfish stock (see above)
- ☐ 1 Tbsp paprika sweet
- ☐ 0.3 cup vegetable oil

Equipment

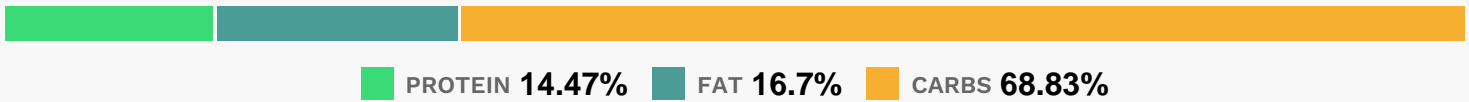
- ☐ pot
- ☐ sieve

Directions

- ☐ Pour 2 quarts of water into a pot and add all the remaining stock ingredients. Bring to a boil, drop the heat down and simmer the stock gently for 45 minutes. Strain through a fine-meshed sieve into another pot set over low heat. You will have extra stock, which you can use for soup, risotto, etc. It will last in the fridge for a week. 2 To make the etouffee, start by making a roux.
- ☐ Heat the vegetable oil or lard in a heavy pot over medium heat for 1–2 minutes. Stir in the flour well, making sure there no clumps.
- ☐ Let this cook, stirring often, until it turns a pretty brown; this should take about 10 minutes or so.3
- ☐ Add the celery, green pepper, jalapeno and onion, mix well and cook this over medium heat for 4 minutes, stirring occasionally.
- ☐ Add the garlic and cook another 2 minutes. 4 Slowly add the hot shrimp stock, stirring constantly so it incorporates. The roux will absorb the stock and seize up at first, then it will loosen.

- ☐ Add enough stock to make a sauce about the thickness of syrup, about 1 pint.
- ☐ Add the Creole seasoning, celery seed and paprika and mix well.
- ☐ Add salt to taste, then mix in the shrimp. Cover the pot, turn the heat to its lowest setting and cook for 10 minutes. 5
- ☐ Add the green onions and hot sauce to taste.
- ☐ Serve over white rice with a cold beer or lemonade.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:73.74, Inflammation Score:-10, Nutrition Score:36.1269563592%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 1080.99kcal (54.05%), Fat: 19.88g (30.58%), Saturated Fat: 3.3g (20.61%), Carbohydrates: 184.37g (61.46%), Net Carbohydrates: 174.22g (63.35%), Sugar: 9.19g (10.21%), Cholesterol: 0mg (0%), Sodium: 1315.2mg (57.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.75g (77.49%), Selenium: 149.28µg (213.26%), Manganese: 2.38mg (118.8%), Phosphorus: 575.6mg (57.56%), Vitamin C: 46.48mg (56.34%), Vitamin A: 2786.52IU (55.73%), Vitamin B3: 9.83mg (49.17%), Vitamin K: 50.33µg (47.94%), Copper: 0.91mg (45.28%), Fiber: 10.15g (40.61%), Magnesium: 141.83mg (35.46%), Vitamin B6: 0.61mg (30.32%), Potassium: 1035.52mg (29.59%), Iron: 5.32mg (29.57%), Zinc: 3.95mg (26.37%), Folate: 95.32µg (23.83%), Vitamin E: 3.55mg (23.66%), Vitamin B2: 0.37mg (21.55%), Vitamin B1: 0.32mg (21.02%), Calcium: 186.05mg (18.6%), Vitamin B5: 1.26mg (12.57%), Vitamin B12: 0.35µg (5.75%)