

Shrimp Creole

makes 4 cups



- 1/2 lb. shrimp
- 1 tbsp. oil
- 4 large tomatoes
- 2 tbsp. salted butter
- 1/2 c. chopped celery (about 1 stalk)
- 1 c. diced green bell pepper (about 1 small)
- 1 1/2 c. diced yellow onion (about 1 large)
- 1/4 c. tomato paste
- 1 bay leaf
- 2 tsp. salt
- 1/2 tsp. cayenne pepper, or to taste
- 1 tsp. hot paprika
- 4 c. chicken stock
- 2 c. long grain rice

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Bring 1 q. water to a boil in a medium saucepan. Blanch tomatoes in the water for about 1 minute, just until skin breaks. Remove tomatoes from water, drain, and allow to cool for 10 minutes. Pull skin off tomatoes and discard. Seed and dice tomatoes then set aside. Melt butter in a large pot over high heat. Add celery, bell peppers, onions, and tomatoes then sauté for 7-10 minutes until tomatoes are nearly dissolved and vegetables begin to caramelize. Reduce heat to medium and add tomato paste, bay leaf, salt, cayenne, and paprika. Simmer for 3-4 minutes. Stir in stock and reduce to a low rolling boil over medium heat for 30 min then remove bay leaf. Heat a tbsp. of oil in a hot pan. Lightly season shrimp with salt, pepper, and cayenne to taste then sauté until cooked through. Combine shrimp and Creole sauce then serve in a bowl over rice.