

Shrimp Creole

Ingredients:

¼ Cup Vegetable oil (animal fat or vegetable shortening)
¼ Cup Flour
1 Cup Green Onion Diced
1 Cup Celery Diced
1 Cup Green Pepper Diced
2 Cloves Garlic Minced
1 Can Chopped Tomatoes
18oz Tomato Sauce
16oz Tomato Paste
1 Cup Water
1 & ¼ Tsp Salt
1 Tsp Pepper
½ Tsp Red Pepper Flakes
2 Bay Leaves
1 Table Spoon Lemon Juice
1 Tsp Worcestershire sauce
1/8 Hot Sauce (Tabasco)
2 -3 #'s Peeled/Deveined Raw Gulf Shrimp

Directions:

Prepare all ingredients as described above and have ready.

Make Roux ('roo'): In a large pot heat vegetable shortening or oil over medium heat. Too hot will burn then Roux in the next phase. Begin adding flour slowly and immediately stir or whisk (move with confidence and swift, but carefully) to create an even mixture with the fat. Once all flour and fat are combined, reduce to low and allow this to cook. Stir constantly and consistently (about 45 to 60 minutes....sometimes shorter). This will change into a semi dark to dark brown and will have a nutty flavor. Slower is better and don't leave this or it will burn.

Once completed stir in the next 4 ingredients and cook for 5 minutes.

Turn up the heat to medium high and quickly add all of the remaining ingredients (All but the shrimp)

Bring to a boil and reduce heat to a simmer. You may adjust depending on stove, but maintain a simmer for an 50 to 60 minutes

Add all shrimp at the end and stir. Shrimp will be done in just 3 minutes.

Have your choice Saffron Rice Ready to serve the creole over!