

Shrimp Creole



A Taste of *The Café* AT THE FRICK

Serves. Enough for 6 people

Ingredients

2 ounces cream
8 ounces flour
8 ounces butter
4 pounds raw and de-veined shrimp
16 ounces tomato sauce
2 cloves garlic, chopped
8 ounces tomato paste
1 large onion, chopped
2 bay leaves
2 tablespoons parsley, chopped
3 teaspoons salt
4 ounces celery, chopped
1/4 teaspoon cayenne pepper
2 tablespoons scallions, sliced
1/2 teaspoon black pepper
8 ounces green bell pepper, diced
1 1/2 quarts chicken stock

Make a roux by melting the margarine and flour in a pot and cooking on low heat for 3 minutes.

To the roux, add the onions, celery, bell pepper, and garlic and cook on low until soft, about 7 minutes.

Add the tomato sauce, tomato paste, and remaining spices; mix well and cook on low for about 5 minutes.

Add the bay leaves and chicken stock and let simmer for about 60 minutes.

Add the shrimp and cook on low for 10 minutes. Add the parsley, scallions, and cream and stir well.

Serve over rice or in a bowl with some crusty bread.

This can be made into a nice vegetarian Creole by omitting the shrimp.

Bon Appetit!

Procedure – about 90 minutes from start to finish

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