

# Chef Johns Etouffee

*allrecipes.com - February/March 2019*

## FOR SPICE BLEND

*1 1/2 teaspoons paprika  
1/2 teaspoon ground thyme  
1/2 teaspoon dried oregano  
1/2 teaspoon cayenne  
pepper  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon white pepper  
1/2 teaspoon black pepper*

## FOR ETOUFFEE

*2 pounds medium frozen  
shrimp, thawed, peeled and  
deveined, tails removed (if  
desired)  
1 pound boneless/ skinless  
chicken breast, cut into bite-  
size pieces  
1 teaspoon salt (to taste)  
2 tablespoons vegetable oil  
2 3/4 to 3 cups low-sodium  
chicken broth  
2/3 cup butter  
2/3 cup diced onion  
2/3 cup diced green bell  
pepper  
2/3 cup thinly sliced celery  
1/3 cup flour  
1 cup diced tomatoes  
1 teaspoon Worcestershire  
sauce  
2 dashes hot sauce (to  
taste)  
4 cups cooked rice  
1/3 cup chopped green  
onion*

## Preparation Time: 40 minutes

Make the spice blend: In a small bowl, whisk all of the spices together.

Make the Etouffee: Rinse the shrimp. Drain in a colander for 15 minutes.

Meanwhile, sprinkle the chicken with one teaspoon of the spice blend and 1/2 teaspoon of salt.

In a six-quart Dutch oven over medium-high heat, heat one tablespoon of oil. Cook the chicken until browned on all sides, about 5 minutes. Transfer to a large bowl.

Pat the shrimp dry with paper towels. Sprinkle with one teaspoon of the spice blend and remaining 1/2 teaspoon of salt. Toss to coat.

In the Dutch oven, heat the remaining one tablespoon of oil. Cook the shrimp for 1 minute. Stir, then cook 1 minute more. Transfer to the bowl with the chicken. Let stand until the juices collect in the bowl, then pour the juices into a four-cup liquid measuring cup. Add enough chicken broth to total three cups.

In the Dutch oven over medium heat, melt the butter. Cook the onion, green pepper and celery until softened, about 5 minutes. Stir in the remaining spice blend and the flour. Cook, stirring constantly, 3 to 4 minutes more. Add the tomatoes and cook until the juices begin to brown, about 3 minutes. Stir in the broth mixture. Bring to a simmer. Cook until slightly thickened, 3 to 5 minutes.

Stir in the Worcestershire, hot sauce, chicken and shrimp. Simmer until the chicken and shrimp are cooked through, 1 to 2 minutes more. Season with additional salt, if desired.

Serve over rice in large shallow bowls or on rimmed plates.

Garnish with green onion and, if desired, additional hot sauce.

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Per Serving (excluding unknown items): 2675 Calories; 161g Fat (51.1% calories from fat); 68g Protein; 279g Carbohydrate; 13g Dietary Fiber; 328mg Cholesterol; 1465mg Sodium. Exchanges: 16 Grain(Starch); 4 Lean Meat; 4 1/2 Vegetable; 30 Fat; 0 Other Carbohydrates.