

# Shrimp Etouffe

Sharon McFarland

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

## Servings: 8

*7 tablespoons vegetable oil*  
*3/4 cup flour*  
*2 sticks unsalted butter*  
*1/4 cup celery*  
*1/4 cup onion*  
*1/4 cup bell pepper*  
*1 cup scallions, chopped fine*  
*2 cups shrimp stock (to thicken)*  
*2 pounds shrimp, peeled and deveined*  
*1 cup shrimp stock (to add)*  
**SPICE MIX**  
*2 teaspoons salt*  
*2 teaspoons cayenne pepper*  
*1 teaspoon black pepper*  
*1 teaspoon white pepper*  
*1 teaspoon sweet basil*  
*1/2 teaspoon thyme*

In a bowl, combine the salt, cayenne pepper, black pepper, white pepper, sweet basil and thyme. Set aside.

In a bowl, combine the celery, onion, bell pepper and scallions. Set aside.

In a skillet, bring the oil to a smoking stage over high heat. Whisk in the flour until the roux is red brown. Remove from the heat. Add the vegetables and one tablespoon of the spice mix, stirring until the mixture cools.

In a saucepan, bring two cups of the stock to a boil. Stir in the roux, whisking thoroughly. Reduce the heat to very low.

In a four-quart saucepan, combine the shrimp, one stick of butter and the scallions. Saute' for 2 to 3 minutes.

Add the thickened stock and the second stick of butter. Add the other cup of stock. Stir. Gently shake until the shrimp are cooked, 5 minutes.

Add the remaining spice mix. Stir.

Serve over Cajun rice.

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Per Serving (excluding unknown items): 482 Calories; 37g Fat (69.2% calories from fat); 25g Protein; 12g Carbohydrate; 1g Dietary Fiber; 235mg Cholesterol; 710mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 7 Fat.