



Shrimp Creole Recipe

By Crystal Baldwin

Ingredients

- 2 Tablespoons butter (or vegan butter)
- 2 Tablespoons Olive Oil
- 1 large onion, diced
- 2 Garlic Cloves, diced
- 2 Ribs Celery, diced
- 1 teaspoon Sea Salt
- ½ teaspoon sugar (to cut the acid)
- ½ teaspoon Oregano
- 1 teaspoon thyme
- 2 Bay Leaves
- 1 teaspoon Old Bay Seasoning (or your favorite creole spices)
- ½ teaspoon black pepper
- 1 teaspoon cayenne pepper (2 if you like it spicy)
- 1/3 cup dry white wine
- 1 15 oz can diced tomatoes
- 2 Cups Chicken Stock
- Juice of ½ Lemon
- 1 teaspoon Worcestershire sauce
- 2 lb. Large uncooked shrimp with the tail on
- 4-8 cups hot cooked rice or skip and make biscuits or cornbread to serve with it
- 2 green onions, chopped (set aside 1 for a fresh garnish)

Optional

- 1 Tablespoon flour**
- 1 Green Pepper, diced**
- Hot Sauce on top to taste**

These items are optional in your recipe. If you prefer your creole thickened, use the flour and make a roux with the juices from the pot, then add it back in and stir until thickened. Traditional creole uses green pepper, but I am not a fan. I feel it takes over the flavor too much and I don't like green pepper. Feel free to use it if you want.

Instructions:

1. Start your white rice while you prep your veggies.
2. Add butter and olive oil to a large pot over medium heat.
3. Add onion, celery, (bell pepper,) garlic, 1 of the chopped green peppers, white & green parts and all spices, sauté until veggies are soft and just lightly browned, stirring often.
4. Deglaze the pan with the white wine (add the wine and scrap off brown bits) and then add chicken stock, Worcestershire sauce, lemon juice and tomatoes.
5. Reduce heat and simmer for 20-25 minutes until the fluid is reduced by half stirring occasionally
6. Add shrimp and cook until just turns pink
7. Serve over cooked rice or with a side of buttermilk biscuits or cornbread
8. Garnish with green onion (optional, add hot sauce)



Notes

Substitutions for rice - Serve with buttermilk biscuits or cornbread. You can also use pasta or quinoa (for a healthy option).

Prepare Ahead

This sauce is super easy to make ahead of time leaving out the shrimp and then adding the shrimp when re-heating and serving. The flavors actually get better as it sits for a day or so.

To make ahead, prepare the sauce as instructed but don't add the shrimp. You can Refrigerate the sauce for 1-2 days and heat the sauce, getting it hot and then adding the fresh shrimp cooking until just pink. For longer storage go ahead and freeze the sauce without the shrimp.

To Freezing

Great news! This sauce is easy to freeze and use it when you want. Just make the sauce as instructed but leave out the shrimp. Stick the sauce in the freezer and you have a really quick dinner whenever you want it. Just removed the sauce and the shrimp to thaw and heat and serve when ready!

You can freeze the sauce (without the shrimp) for up to 4 months. Don't heat it from its frozen state. Allow both the sauce and the shrimp to thaw. Then heat your sauce until hot and add in your shrimp. Cook up some rice and serve!