



## SHRIMP ÉTOUFFÉE

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Category: Popular

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### **Shrimp Étouffée**

Shrimp Étouffée is a classic dish from the heart of Cajun and Creole cooking, specifically from Louisiana. This flavorful, hearty stew is made with succulent shrimp, smothered in a rich, velvety sauce of onions, bell peppers, garlic, and a blend of aromatic spices.

Served over a bed of steamed rice, Shrimp Étouffée is a comforting dish that packs bold flavors, perfectly balancing the sweetness of shrimp with the depth of the sauce.

The term “étouffée” translates to “smothered,” referring to the slow cooking process that allows all the flavors to meld together. It’s the perfect dish for a casual dinner or to impress your guests with the essence of Southern cuisine.

### **Ingredients**

For the Étouffée:

1 pound medium shrimp, peeled and deveined

2 tablespoons butter

1/4 cup olive oil

1 small onion, finely chopped

1 bell pepper, finely chopped (green or red)

2 celery stalks, finely chopped

3 cloves garlic, minced

2 tablespoons all-purpose flour

2 cups seafood stock or chicken broth

1/2 teaspoon smoked paprika

1/2 teaspoon cayenne pepper (adjust to taste)

1 teaspoon dried thyme

1 bay leaf

Salt and black pepper, to taste

2 tablespoons fresh parsley, chopped

2 tablespoons fresh green onions, chopped

1 tablespoon fresh lemon juice

For Serving:

2 cups cooked white rice (preferably jasmine or long-grain rice)

## **How to Make**

### Step 1: Prepare the Shrimp

In a medium skillet, heat 1 tablespoon of olive oil over medium heat.

Add the shrimp and cook for 2-3 minutes, or until they turn pink and opaque.

Remove the shrimp from the skillet and set them aside. Do not overcook the shrimp, as they will cook further in the sauce later.

### Step 2: Make the Roux

In a large, heavy-bottomed pot or Dutch oven, heat the remaining 1 tablespoon of olive oil and the butter over medium heat.

Add the chopped onions, bell pepper, and celery (the “holy trinity” of Cajun cooking). Sauté for 5-6 minutes, or until the vegetables soften and become fragrant.

Add the minced garlic and cook for another minute.

Sprinkle in the flour, stirring constantly to make a roux (a thickening agent). Cook for about 2-3 minutes, allowing the flour

to brown slightly, but not burn.

### Step 3: Add the Liquids and Spices

Gradually pour in the seafood stock or chicken broth, whisking constantly to prevent lumps.

Stir in the smoked paprika, cayenne pepper, thyme, bay leaf, and salt and pepper. Bring the mixture to a simmer and cook for 5-6 minutes, allowing the sauce to thicken slightly.

### Step 4: Combine the Shrimp and Sauce

Return the cooked shrimp to the pot and stir them into the sauce.

Lower the heat and simmer the shrimp in the sauce for another 5 minutes, or until they are heated through and tender.

Remove the bay leaf and discard. Stir in the fresh parsley, green onions, and lemon juice. Taste and adjust seasoning as needed.

### Step 5: Serve

Serve the shrimp étouffée over a bed of cooked white rice. Garnish with additional chopped green onions and parsley, if desired.

### Chef's Note

**Adjusting the Heat:** If you prefer a milder étouffée, reduce or omit the cayenne pepper. For extra spice, you can add a diced jalapeño pepper when sautéing the vegetables.

**Seafood Stock vs. Chicken Broth:** Seafood stock adds a more robust seafood flavor, but chicken broth is an acceptable substitute if you don't have access to seafood stock.

**Roux Tips:** The roux is a critical part of the dish and should be cooked carefully to avoid burning. If you're unsure, start with a lighter roux and gradually work your way to a darker one as you gain confidence.

**Make it Ahead:** Étouffée is one of those dishes that tastes even better the next day as the flavors meld together. You can make it ahead and refrigerate it for up to 2 days. Just reheat gently before serving.

**Other Proteins:** While shrimp is traditional, you can substitute the shrimp with crawfish, crab, or even chicken for variations of this dish.

### **Nutrition Information (per serving, serves 4)**

Calories: 350

Protein: 28g

Carbohydrates: 30g

Fat: 15g

Fiber: 3g

Sugar: 4g

Sodium: 800mg

Shrimp Étouffée is a flavorful, comforting dish that brings the bold and savory tastes of Cajun cooking right to your table. With its rich, smoky sauce and tender shrimp, this dish is sure to impress any seafood lover. Whether you're hosting a dinner party or enjoying a cozy night in, Shrimp Étouffée is the perfect choice for bringing the flavors of Louisiana into your kitchen.