

Creole Shrimp Stew

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Cubmaster, Pack 511

1/2 c vegetable oil
1/2 c flour
1 3/4 c chopped onion
3/4 c thinly sliced shallots
1/3 c chopped celery
4 tsp minced garlic
1/2 tsp salt
1 tsp black pepper
1/8 tsp cayenne
3 crushed bay leaves
1 tsp dried thyme
2 1/2 - 3 cups chopped tomatoes
3 cups water
1 tsp lemon juice
1 lb potatoes, cubed
2 lb shrimp, peeled and deveined

Heat the oil, and gradually stir in the flour, cook over medium heat to make a medium brown roux (20 to 30 minutes).

Lower heat and add onion, shallots, celery and garlic. Stir thoroughly and cook low for 10 minutes, stirring constantly. Add seasonings and stir well.

Add tomatoes, water and lemon juice. Simmer for another hour, stirring frequently. Add cubed potatoes and simmer 10 minutes longer.

Add the shrimp. Cover and simmer low heat for 25 minutes longer.

Serves 4. If recipe is doubled, add ~10 minutes to cooking time, but still add shrimp 25 minutes before done.