

NEW ORLEANS BARBECUE SHRIMP

When you go to a restaurant in south Louisiana and order Barbecue Shrimp they outfit you with a bib to protect your clothes because you'll make a mess of yourself if you don't protect. You'll also get a bunch of French bread to dip in the butter/olive oil mixture. You'll usually get a hot steamy towel to wipe your hands when you're done. It has become tradition to go through the steps.

2 LBS SHRIMP, UNPEELED WITH HEADS ON, RINSED
4 BAY LEAVES, CRUSHED FINE
1 TBSP BLACK PEPPER
2 TSP SALT
1 TBSP CAYENNE PEPPER
1/2 LB BUTTER
1/2 CUP OLIVE OIL
2 TBSP CREOLE SEASONING, RECIPE IN BOOK
2 TBSP GARLIC, MINCED
4 TSP DRIED ROSEMARY LEAVES, CRUSHED
1/2 CUP LEMON JUICE

Layer bay leaves and shrimp, repeat. Sprinkle pepper and salt to taste. Add cayenne and mix well. Melt butter in pot, add olive oil, Creole seasoning, garlic, rosemary leaves and lemon juice. Mix well and pour over shrimp. Bake in oven at 350°F about 30 minutes. Let cool, peel shrimp and eat. I highly recommend dipping French bread in the butter sauce. See New Orleans style French bread recipe, in this book.

SHRIMP ETOUFFÉE

You hear the term Etouffee what typically comes to mind? Most think of Crawfish Etouffee. That is the dish that is most known. It's even in the song associated with Louisiana. To "Etouffee" is to simply smother meat or seafood with the Cajun Trinity (onion, bell pepper celery) to basically stew the meat tender and juicy. In the case of seafood it just makes the whole experience better. Flavor is high when seasoned correctly and texture meets your wishes for being properly cooked.

1/4 LB BUTTER
1 CUP ONION, CHOPPED MEDIUM
1/2 CUP BELL PEPPER, CHOPPED MEDIUM
1/4 CUP CELERY, CHOPPED MEDIUM
2 TBSP GARLIC, MINCED
2 TBSP PARSLEY FLAKES
2 TBSP ALL-PURPOSE FLOUR
1-1/4 CUPS BÉCHAMEL SAUCE, RECIPE IN THIS BOOK
1 TBSP CREOLE SEASONING, RECIPE IN THIS BOOK
1 TSP SALT
2 TSP BLACK PEPPER
1 TBSP TURMERIC
1 LB SHRIMP, PEELED AND DEVEINED
2 CUPS SEAFOOD STOCK OR WATER
ADDITIONAL WATER TO ACHIEVE DESIRED TEXTURE
COOKED RICE

In a 12" skillet melt butter on high heat. Add onion, bell pepper, celery, garlic and parsley and sauté until onions begin to clear. Add flour and whisk until flour begins to brown. Add seafood stock or water, a little at a time, whisking until all is blended. Mixture will begin to thicken slightly. Add Béchamel sauce and stir in well. Add Creole seasoning, salt, black pepper, turmeric and shrimp. Stir in well. If you want to thin the sauce, add water a little at a time, making sure it is blended completely before adding more. Serve over cooked rice. Serves 4-6.