



Slap Ya Mama

Slap Ya Mama Cajun Products

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New Orleans Shrimp Étouffée

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Created along the bayous of Southern Louisiana in the late 1920's, Étouffée quickly became a Louisiana favorite. With it's rich flavors rooted deep in Cajun culture, étouffée is a dish that everyone will love. Enjoy!

Recipe Created By: [Chef Ace Champion](#)

Ingredients:

- 1 lb shrimp, 31-40 count, peeled, deveined & seasoned to taste with Slap Ya Mama Original Blend Cajun Seasoning (save shrimp shells to make shrimp stock)
- 2 tsp dry thyme
- 1 tsp chili powder
- 2 tsp dry basil
- 6oz salted butter
- 5 Tbsp flour
- 4 ribs celery, diced
- ½ cup red onion, diced
- ½ cup red bell pepper, diced
- ½ cup green bell pepper, diced
- 4 cloves garlic, minced
- ¼ cup tomato puree or paste
- 2 Tbsp lemon juice
- 2 Tbsp [Slap Ya Mama Original Blend Cajun Seasoning](#)
- 1 quart shrimp stock (or you can use chicken broth)
- 3 Tbsp cooking oil
- 4 Tbsp fresh parsley, minced
- 4 cups rice, cook according to directions on package
- 3 stalks of green onions, chopped
- 1 Tbsp [Slap Ya Mama Cajun Pepper Sauce](#), to taste

Directions:

1. For the shrimp stock. Using a medium sized pot on medium heat add the shells of the peeled shrimp and set shrimp aside for later. Add about 2 ½ quarts water, thyme, chili powder, basil and any leftover scraps from the prepping of your veggies. Cook uncovered until reduced by half. Remove from heat and set shrimp stock aside.
2. In a large, heavy skillet or pot over medium-low heat, melt butter. Add flour and constantly stir for 2 to 3 minutes, making a light roux. Add celery, onions, red and green bell peppers and garlic. Sauté on medium-low heat for 3 minutes. Add tomato puree or paste and cook for an additional 5 minutes.
3. Add ½ cup of shrimp stock to roux mixture, mix well to form a paste. Add lemon juice,



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Slap Ya Mama Original Blend Cajun Seasoning and remaining shrimp stock; make sure to leave the shrimp peelings out. Stir well and cook étouffée sauce uncovered over medium heat for about 15 minutes.

4. In a medium sized skillet heat cooking oil over medium-high heat until hot. Add shrimp and sauté for 2 to 3 minutes or until shrimp begin to turn slightly pink. Deglaze skillet with a little water and scrap shrimp and juices into étouffée sauce. Cover and let simmer for 15 minutes.
5. Stir in parsley, cover and remove from heat.
6. Serve with rice and top with green onions and Slap Ya Mama Cajun Pepper Sauce to taste.

NOTE: If étouffée sauce is too thick, thin it out with a little chicken broth or water. If it's too thin, allow it to continue cooking until desired thickness is reach. It should have the consistency of a meat sauce.

Servings: 8