

Shrimp Creole

¼ cup flour
¼ cup bacon grease
1 ½ cups chopped onion
1 cup chopped green onions
1 cup chopped celery, with leaves
1 cup chopped bell pepper
2 cloves garlic, minced
1 6oz can tomato paste
1 16 oz can chopped tomatoes, with liquid
1 8oz can tomato sauce
1 cup water
5 tsp salt
1 tsp pepper
½ tsp red pepper (optional)
Tabasco Sauce to taste
2-3 bay leaves
1 tsp sugar
1 tsp Worcestershire sauce
1 tbsp lemon juice
4 lbs shrimp, peeled and deveined, raw
½ cup chopped fresh parsley
Rice or Grits to serve

Method: In a large, heavy roaster, make a dark brown roux of flour and bacon grease. Add onions, green onions, celery, bell pepper, and garlic. Sauté until soft (20-30 minutes). Add tomato paste and mix this well with vegetables. Add tomatoes and tomato sauce, water, salt, pepper, red pepper (if using), Tabasco sauce, bay leaves, sugar, Worcestershire, and lemon juice. Simmer very slowly for 1 hour, covered, stirring occasionally. Add shrimp and cook until done, 5-15 minutes. This should sit awhile. It is much better made the day before. If made the day before, reheat but do not boil. Simmer. Freezes well. Add parsley just before serving. Serve over rice or grits.