

## Shrimp Etouffee

★★★★☆

4.0

(162)

By Ann Maloney

**Featured in:** [Master a Cajun classic in 30 minutes with this easy shrimp étouffée](#)

 Servings: 4

 Active: 20 mins | Total: 30 mins

- ☐

1/2 cup extra-virgin olive oil
- ☐

1 large white onion, finely diced
- ☐

1 stalk celery, finely diced
- ☐

1/4 cup finely diced red bell pepper
- ☐

3 scallions, white and green parts, finely diced, plus more for garnish (optional)
- ☐

2 tablespoons chopped fresh parsley, plus more for garnish (optional)
- ☐

3 medium cloves garlic, minced (about 1 tablespoon)
- ☐

3 tablespoons unsalted butter
- ☐

3 tablespoons all-purpose flour
- ☐

1 1/2 pounds peeled, deveined medium (41-50 count) shrimp, thawed if frozen
- ☐

1/4 teaspoon cayenne pepper, or more as needed
- ☐

1 teaspoon Creole seasoning, or more as needed
- ☐

Cooked white or brown rice, for serving

**Step 1**

In a Dutch oven or deep-sided pot over medium-high heat, heat the oil until shimmering. Add the onion, celery, bell pepper, scallion and parsley and cook, stirring, until softened and with onions just beginning to get translucent, about 10 minutes. Add the garlic and cook, stirring, until fragrant, about 1 minute. Remove from the heat.

**Step 2**

In a small pot over medium heat, melt the butter. Add the flour and stir until smooth. Cook, stirring constantly, until the roux darkens to a light brown color, about 5 minutes. Remove the pot from the heat and continue stirring. The roux will darken off of the heat.

**Step 3**

Add the roux to the vegetables and stir until fully incorporated.

**Step 4**

Return the Dutch oven to medium heat. Add the shrimp, cayenne and Creole seasoning and stir to combine. Cover and simmer, stirring occasionally, until shrimp curl, turn pink and are cooked through, about 10 minutes. (The cooking time will vary with the shrimp size.)

**Step 5**

Taste and season with more cayenne and Creole seasoning, if desired. Sprinkle with additional chopped scallions or parsley, if desired, and serve over cooked white or brown rice.

**Step 6**

NOTES: This dish requires no stock. The moisture from simmering the raw shrimp will create the liquid needed for the rich sauce, which is thickened with a dark brown flour-based roux and seasoned with the Cajun/Creole “trinity” of onions, celery and bell pepper. If the sauce is too thick, add water or stock, 1 tablespoon at a time, until it reaches the desired consistency.

**Step 7**

One caution: It’s easy to overcook shrimp as cooking time will vary with the size and freshness of the crustaceans, so simmer the shrimp until they are pink and curled. Then, pluck out one to do a taste test.

**Step 8**

If you've never made a roux, don't be intimidated. It's simple. Combine equal parts fat and flour over medium heat and stir constantly until it reaches the desired color. The darker the roux, the deeper the color and the richer the flavor of the sauce. This recipe is a great way to practice making a roux because it only uses 3 tablespoons of flour and 3 tablespoons of butter. If you go too far and scorch the roux, pitch it, and start again.

Step 9

Correction: In an earlier version of this story, the term étouffée was translated incorrectly. This version has been corrected.

Notes

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Your rating

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