

Millie Vernon's Shrimp Creole

I am a some of this, and some of that cook.....my children used to get so aggravated when they called for directions on cooking.....but here goes.....

1 1/2 lbs. peeled and deveined shrimp (I like to use medium size..... maybe 40-50 count per pound)

1 cup chopped onion

1/2 chopped bell pepper

4 cloves chopped garlic (about a tbls) or to your taste

1 8 oz can tomato sauce

salt & pepper to taste

For Roux

1/2 cup all purpose flour

1/2 cup oil

Use a heavy skillet for roux.....(.or sometimes I use a glass measuring cup and do mine in the microwave)....heat oil in pan.....add flour, brown slowly.....stirring almost constantly.....do not cook too fast, it will burn.

(If you use the microwave.....cook it in increments of 1 min and stir, then 40 sec, stir.....and continue until it is about the color of rust.....be careful not to burn.....) If it does burn...throw it away and start over

Burned roux ruins the entire taste of the food. (You will know if it is burned, it will get black and smell burned.)

When cooked, pour roux into a pan make sure it is still hot, add the onions, bell pepper and garlic.....cook until well mixed and the vegetables are clear. Add tomato paste and stir.. cook for a couple of minutes. Then add 1 cup of water, if it is too thick add more water, you don't want it watery.

Cook for about 10 or 15 minutes. Then add shrimp, cook about 15 or 20 minutes longer.

Serve over cooked rice.....Warm French bread is a great accompaniment.

Bon appetite