

LOUISIANA SHRIMP STEW

1 pound shrimp, peeled
1 stick butter
4 tablespoons flour
1 large onion, chopped
1 medium bell pepper, chopped
2 ribs celery, chopped

4 cloves garlic, chopped
1 tablespoon Worcestershire
2 green onions, chopped
Tony's Creole seasoning
salt and pepper
six eggs, hard-boiled, peeled

Don't use cast iron on this stew. Use an aluminum Dutch oven. Make a chocolate colored roux with butter and flour, stirring constantly. Remove from heat and add onion, bell pepper, Worcestershire, garlic and celery (but not green onions). Stir ingredients and add shrimp. Add water to cover. Float peeled hard boiled eggs on top. Let simmer for an hour. You can substitute crawfish, crab meat, oysters, or fish for the shrimp. Serve over rice in large bowl.

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