

Shrimp Creole

3 tbs. extra-virgin olive oil, divided (2 tbs. | 1 tbs.)
1½ tsp. Tony Cachere's seasoning (or your choice of Creole seasoning)
1/8 tsp. ground cayenne pepper (more or less based on your desired spice level)
2 lb. shrimp, peeled and deveined, tail off, drained of juices from the bag
1 yellow onion, chopped
1 green bell pepper, chopped
4 stalks celery, chopped
3 garlic cloves, minced or pressed
5 sprigs fresh thyme
2 14.5-oz. cans fire roasted, diced tomatoes, undrained
1 cup half-and-half
2 tbs. all-purpose flour
1 tsp. Kosher salt
¾ tsp. freshly ground black pepper
Green onions, chopped, for garnish

In a large glass bowl or Ziploc bag, mix together 2 tbs. olive oil with the Creole seasoning and cayenne pepper. Add in the shrimp and toss to coat. Marinate in the fridge for 1-3 hours.

In a large Dutch oven or skillet, heat the remaining 1 tbs. of olive oil over medium-high heat. Sauté the onion, bell pepper, and celery until softened (about 8 minutes). Add in the garlic and thyme, sauté an additional minute. Add in the diced tomatoes, stir, and cook for another 5 minutes, stirring occasionally.

Meanwhile, in a large measuring cup, combine the half-and-half and the flour, whisking to combine. Lower the heat of the pot to medium-low, then add in the half-and-half mixture. Stir to combine, scraping the skillet to get any fond (brown stuff) off the bottom. Add in the shrimp mixture with the marinade. Add in the salt and pepper, stir to combine, partially cover, and cook until shrimp are pink and cooked through (about 5 minutes).

Remove thyme sprigs. Serve over steamed rice and garnish with green onions.



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