



Shrimp & Sausage Étouffée
Recipe Courtesy of Chef Jernard Wells

Ingredients

Vegetable or canola oil
1 small white onion, small dice
1 shallot, sliced
6 garlic cloves, roughly chopped
1 small green bell pepper, small dice
1 small red bell pepper, small dice
3 celery stalks, medium dice
Kosher salt
Cracked black pepper
Small bunch scallions, sliced plus more for garnish
2 links of your favorite bbq or gourmet sausage, sliced
3 bay leaves
¼ all purpose flour
3 cups chicken stock
2 teaspoons Cajun seasoning
2 ½ cups tomato sauce
1 pound jumbo shrimp, cleaned and deveined
Cooked white rice for serving

Method:

1. Heat a large Dutch oven or heavy bottom pan over medium high heat. Add your oil and once it gets hot add in the onion, shallots, garlic and brown. Make sure to stir often so they don't burn.
2. Add the green and red bell pepper and celery to the pot and stir together. This will complete the trinity. Cook for another 1-2 minutes.
3. Add in the scallions and continue to cook so the vegetables are brown in color.



4. Add the sausage and bay leaves and stir everything to combine making sure the trinity is coating the sausage. Add salt and pepper as desired. Stir the flour into the oil so it can start to absorb into it. Make sure to cook the roux for a few minutes to cook off the raw flour taste. Also, the longer you cook the roux it will become darker in color and richer in taste.
5. Pour in the chicken stock and mix into the vegetables and sausage, getting rid of any lumps.
6. Add the Cajun seasoning and tomato sauce and continue to stir. Bring the mixture up to a simmer and season with salt or pepper as desired.
7. Add the shrimp, place a lid on it and cook for a couple more minutes until the shrimp are pink in color and have cooked thru.
8. Serve the Shrimp and Sausage Étouffée over white rice and garnish with scallions.