

Fat Tuesday Shrimp Creole over Dirty Rice

Fat Tuesday is just days away and what dish is more traditional, scrumptious and fun than Shrimp Creole over Dirty Rice. The vibrant colors and delicious combination of flavors of this recipe will delight your taste buds. The earthiness of the cumin and sausage in the rice with the fresh-tasting spicy shrimp and tomatoes is a flavor combination sure to bring a smile to your face! The fact that it is also an easy, fast, and versatile recipe will make it a family favorite – just like it is throughout Louisiana, not only at Mardi Gras, but also all year long!

Shrimp Creole incorporates “The Trinity”, the combination of chopped onion, celery, and green bell pepper, the classic Creole ingredients. Add “spice to the taste” and you have a scrumptious dish in a minute! Dirty Rice gets its name from its appearance due to the addition of sausage and cumin to the rice. I am using the fresh Andouille sausage made fresh at Jungle Jim’s, but you can use the fresh pork sausage of your choice. If the sausage is not lean like the Jungle’s fresh sausage, you will need to drain the cooked sausage. In some parts of Louisiana, it’s traditional to use chopped chicken livers. Like all Creole cooking, you can easily adjust the recipe to your family’s liking! In fact, my son Brett has me make the Shrimp Creole using diced tomatoes with hot peppers as he loves this dish HOT and spicy! Naturally, I make a mild version for my husband and daughter who love the taste, but not the heat – perfectly ok with me as this dish is so fast and easy! Start with the Dirty Rice....

Louisiana Dirty Rice

¼ Cup	Onion, chopped
¼ Cup	Celery, chopped, leaves, too
1/2 lb.	Fresh Andouille or Pork Sausage

In large skillet, brown sausage with the onion and celery until the sausage is just cooked and crumbled and the vegetables have softened. If sausage produces excess fat, drain. If using Jungle Jim’s fresh sausage, no need to drain. To the browned sausage mixture, add:

1 Cup	White Long Grain Rice, uncooked
2 Cups	Water
1 ½ Tsp.	Ground Cumin

Stir ingredients together and bring to a boil. Cover, reduce heat to low, and simmer for 20 minutes or until rice is tender. While your Dirty Rice is simmering.....

Fat Tuesday Shrimp Creole

2 Tab.	Canola Oil or Extra Virgin Olive Oil
½ Cup	Onion, chopped
½ Cup	Green Bell Pepper, chopped
¼ Cup	Celery, chopped

Heat oil over medium high heat and sauté vegetables until tender, about 4-5 minutes. Add:

2 Cloves Garlic, minced

Cook one minute more. Sprinkle vegetables with:

1 Tsp.	Creole Seasoning*
¼ Tsp.	Cayenne Pepper or to taste

Stir mixture thoroughly. Add:

1 – 14.5 oz.	Can of diced tomatoes, undrained
¼ Cup	White wine, water, tomato juice, or tomato sauce
1	Bay Leaf

Bring mixture to a boil. Cover, reduce heat to low and simmer 10 minutes. Add:

1 lb. Fresh, raw Shrimp, cleaned, shelled, and deveined

Simmer, covered, 4-5 minutes or until shrimp is opaque. Remove Bay leaf and discard. Check seasoning and add salt and pepper and additional spice to taste. (Some Louisiana cooks swear by adding a pinch of sugar and a dash of hot sauce at the end of the dish!)

Sliced Green Onion and Chopped Fresh Parsley

Spoon Dirty Rice into a low bowl or plate and top with Shrimp Creole. Sprinkle chopped green onion and parsley over top and serve. Don’t forget a bottle of hot sauce for the table! Makes 4 scrumptious dinner servings.