



# Shrimp Etouffee

A roux-based sauce made with Gulf shrimp, tomatoes, and the "holy trinity" vegetable medley, including onions, celery, and bell peppers.

**Recipe Project Name:** Fiscal Year 2021 Cohort B Team Nutrition Training Grant for School Meal Recipe Development  
*Louisiana Department of Education, Archdiocese of New Orleans*

**Preparation Time:** 45 minutes

**Cook Time:** 1 hour

**NSLP/SBP crediting information:**

1 cup (8 oz spoodle) provides 1 ½ oz eq meat/meat alternate, ⅛ cup additional vegetable, ⅛ cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Shrimp, IQF, 90-110 ct., peeled and deveined	8 lb 8 oz		17 lb		<ol style="list-style-type: none"> <li>1. Thaw shrimp and the pepper and onion blend in the refrigerator.  <b>Critical Control Point:</b> Hold at or below 41 °F.</li> <li>2. Rinse shrimp under cold running water using a perforated pan or colander. Remove any shells or other debris. Drain well and store refrigerated. This process is best done the day prior to service.  <b>Critical Control Point:</b> Hold at or below 41°F.</li> <li>3. Prepare roux in advance. Heat margarine, add flour, and cook, stirring constantly, until light brown. Refrigerate until ready to use.  <b>Critical Control Point:</b> Hold at or below 41 °F.</li> </ol>
Pepper and onion blend, no salt, frozen	2 lb 2 oz	1 qt 1 c	4 lb 4 oz	2 qt 2 cups	
Margarine, no salt added	10 oz		1 lb 4 oz		



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Flour, all purpose	10 oz		1 lb 4 oz		<p><b>4.</b> Preheat tilt skillet/braiser or kettle to 300 °F. Add the oil, then add diced onions, onion pepper blend, diced celery, minced garlic, and green onions. Sauté, stirring frequently, until vegetables are tender, approximately 5 minutes.</p> <p><b>5.</b> Add the tomato paste and cook for an additional 5 minutes, stirring frequently.</p> <p><b>6.</b> Whisk in pre-prepared roux.</p> <p><b>7.</b> Add water and bring to a simmer.</p> <p><b>8.</b> Add drained minced garlic, onion powder, chicken base, Creole seasoning, oregano, liquid crab boil seasoning, and black pepper. Stir to combine.</p> <p><b>9.</b> Reduce heat to low, and simmer uncovered for 15-20 minutes.</p> <p><b>10.</b> Add thawed shrimp. Continue to simmer over low heat for an additional 10-15 minutes until shrimp are fully cooked.</p> <p><b>Critical Control Point:</b> Heat to 145 °F or higher for at least 15 seconds. Hold for hot service at 135 °F or higher.</p> <p><b>11.</b> Serve 1 cup using an 8 oz spoodle.</p>
*Onions, fresh, diced	1 lb 12 oz	1 qt	3 lb 8 oz	2 qt	
*Celery, fresh, diced	14 oz	2 ⅔ cups	1 lb 12 oz	1 qt 1 ⅓ cups	
*Onions, green, fresh, sliced	4 ½ oz	1 cup	9 oz	2 cups	
Oil, vegetable		2 tsp		1 Tbsp 1 tsp	
Tomato paste		1 cup		2 cups	
Water		1 gal 3 qt		3 gal 2 qt	
Garlic, minced, packed in water, drained		1 ¼ cups		2 ½ cups	
Onion powder		½ cup		1 cup	
Creole, seasoning blend, school-made (see attached recipe)		⅓ cup		⅔ cup	
Chicken base, low sodium		⅓ cup		⅔ cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Oregano, leaves, dried		¼ cup		½ cup	
Crab boil seasoning, liquid		2 Tbsp		¼ cup	
Pepper, black, ground		2 ½ tsp		1 Tbsp 2 tsp	



**SHRIMP ETOUFFEE**  
**NUTRITION INFORMATION**

For 1 cup (8 oz spoodle)

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>166</b>
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<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	1.13 g
Cholesterol	101 mg
<b>Sodium</b>	<b>550 mg</b>
<b>Total Carbohydrate</b>	<b>14 g</b>
Dietary Fiber	2 g
Total Sugars	2.4 g
Added Sugars included	<b>N/A</b>
<b>Protein</b>	<b>13.43 g</b>
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Vitamin A	199 mcg RAE
Vitamin C	8.3 mg
Vitamin D	N/A
Calcium	79 mg
Iron	0.88 mg
Potassium	N/A

N/A=data not available.

**SOURCE:**

FY 2021 Cohort B Team Nutrition Training Grant

**\*MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Onions, mature, fresh, all sizes, whole	2 lb	4 lb
Celery, fresh, trimmed	1 lb 1 oz	2 lb 2 oz
Onions, green, fresh, whole	6 oz	11 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Suggest serving over brown rice.

Optional ingredients are not included in the recipe nutrient analysis. Addition of optional ingredients may change crediting and/or nutrition information.

Can substitute other types of shrimp for Gulf shrimp.

The food safety temperatures are based on the FDA Food Code. Some information included in this guide may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Cooking Process #2: Same Day Service

**YIELD/VOLUME**

<b>50 Servings</b>	<b>100 Servings</b>
About 3 gal 1 qt About 25 lb	About 6 gal 2 qt About 50 lb



## Creole Seasoning Blend

Makes about 12 oz (2 ½ cups 2 Tbsp)

<p>           Granulated Garlic            Paprika            Smoked Paprika            Chili Powder            Black Pepper, ground            Cayenne Pepper            Onion Powder            Celery Salt            Dry Mustard            Thyme Leaves, dried            Oregano Leaves, dried         </p>	<p>           ½ cup            ½ cup            ½ cup            ¼ cup            ¼ cup            2 Tbsp 2 tsp            2 Tbsp            1 Tbsp 1 tsp            1 Tbsp 1 tsp            1 Tbsp 1 tsp            1 Tbsp         </p>	<p> <b>Critical Control Point:</b> No bare hand contact with ready to eat food.         </p> <ol style="list-style-type: none"> <li>Whisk all ingredients together in a large bowl.</li> <li>Transfer to a plastic seasoning container and store in a cool, dry location until ready to use.</li> </ol> <p> <i>Note: Be sure to use granulated garlic, not garlic powder, to make sure product will sprinkle freely.</i> </p>
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