

Chef Austin Kirzner's Blackened Shrimp Creole

Yield: 4 servings

Ingredients

2 oz olive oil
2 onions, small dice
2 stalks celery, small dice
2 oz garlic, minced
1 bell pepper, small dice
2 oz tomato paste
1½ quart seafood stock
16 oz tomatoes
2 bay leaves
1 jalapeño pepper, small dice

2 oz hot sauce
1 oz Worcestershire sauce
4 oz corn starch slurry (corn starch and water)
2 lbs 21/25 Gulf shrimp
4 oz blackening seasoning
Salt and pepper to taste
2 cups cauliflower rice
2 oz green onions



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Directions

1. Preheat oven to 350 degrees.
2. Warm olive oil in large pot on stovetop, reserving about ½ ounce for later use. Sauté onion, celery, garlic and bell pepper in oil until translucent. Add tomato paste. Stir until vegetables are coated. Add seafood stock to pot and bring mixture to a simmer.
3. Roast tomatoes on pan in preheated oven until skin is easily removed, about 12 minutes. Set aside.
4. Add bay leaves, jalapeño, hot sauce and Worcestershire to pot. Bring to a boil then add the corn starch slurry. Once thickened, reduce heat to a simmer for 30 to 45 min.
5. Heat remaining oil in a cast-iron pan over high heat. Coat the shrimp in the blackening seasoning and sear on both sides in cast-iron pan until fully cooked. Remove from heat.
6. Once the tomato mixture is cooked, season to taste with salt and pepper. Serve over ½ cup of cauliflower rice and top with the blackened shrimp. Garnish with green onions.
7. Enjoy!