

SHRIMP CREOLE

Equipment:

Measuring Spoons

Measuring Cup

2 Qt. Glass or Microwave safe plastic casserole dish with cover

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

1/2 cup each finely chopped 125 ml

Celery, green pepper and onion

2 cloves garlic, finely 2 chopped

15 oz. can tomato sauce 284 ml

1 lb. medium shrimp, shelled and cleaned 500 g

1 tsp salt 5 ml

1/4 tsp pepper 1ml

1/4- 1/2 tsp hot pepper sauce 2ml

2 tbsp oil 25 ml

Procedure:

1. In a 2-quart (2 L) casserole, combine the celery, green pepper, onion, oil and garlic.
2. Heat at **P7** 4 - 5 minutes or until vegetables are tender.
3. Stir in remaining ingredients; cover with a lid.
4. Heat at **P7** 3 minutes and at **P4** 5 – 6 minutes, stir once.

Chefs Tip.

Look for Gulf or Wild Caught shrimp for the best flavor and quality.