

NYBG

EDIBLE ACADEMY
JUNETEENTH WEEKEND



EFFIE'S SHRIMP CREOLE

From Bress 'n' Nyam: Gullah Geechee Recipes from a Sixth-Generation Farmer
Prepared by Matthew Raiford
Serves 4

Ingredients

- 2 tablespoons butter
- 1 yellow onion, finely diced
- 3 garlic cloves, peeled and minced
- 1 green bell pepper, seeded and finely diced
- 1 orange bell pepper, seeded and finely diced
- One 16-ounce can tomato puree
- 1 tablespoon red pepper flakes
- 2 cups uncooked long-grain rice or Carolina Gold Rice
- 1 quart warm Shrimp Stock, prepared or homemade (recipe follows)
- 2 pounds large shrimp, peeled and deveined, shells reserved for Shrimp Stock
- Fine sea salt and freshly ground black pepper
- Shrimp Stock
- Makes 2 quarts
- 2 quarts (8 cups) cold water
- 4 cups shrimp shells
- 1 tablespoon olive oil
- 1 Vidalia onion, peeled and quartered
- 1 carrot, roughly chopped
- 1 celery rib, cut into 2-inch pieces, including leaves
- 1 lemon, quartered
- 2 bay leaves
- 2 springs thyme
- 1 tablespoon kosher salt
- 1 teaspoon whole black peppercorns

Instructions

In a large cast-iron skillet, melt the butter over medium heat. Stir in the onions and garlic, and sauté until golden brown, about 5 minutes. Add the peppers, tomato puree, red pepper flakes, and rice, stirring until well-combined. Pour the stock in slowly to prevent splattering, as the pan will be hot, then bring the creole to a boil. Once boiling, stir, cover, then reduce the heat to low and simmer for 15 minutes. Remove the cover, add the shrimp, and give the rice a good stir. Cook for 5 to 7 minutes more, until all the liquid is absorbed and the shrimp have pinked and curled. Before serving, taste and add salt and pepper to your liking. Serve and enjoy. Pour the water into a large stockpot and set aside. Rinse and drain the shrimp shells. In a large skillet, heat the oil over medium-high heat and toss the shrimp shells for 2 minutes. Add the onions, carrots, and celery and cook, stirring, for 2 to 3 minutes more. Add the shrimp shells and vegetables to the stockpot, then toss in the lemon, bay leaves, thyme, salt, and pepper. Bring the stock to a boil then reduce heat and simmer for 40 minutes. Remove from the heat, then strain the stock through a cheesecloth-lined sieve into quart- or pint-sized containers. Cool the stock completely, then refrigerate for up to 2 weeks or freeze for later use.