

Mom's Shrimp Creole

- 1 cup of chopped onion
- 1 cup of chopped celery
- ½ cup diced green or red bell pepper
- 1 Tbls. Chopped garlic
- 3 Tbls. Oil
- 1 lb. canned, frozen or fresh tomatoes
- 1- 8 oz. can of tomato paste
- 1 ½ tsp. salt
- ½ tsp. pepper
- 1 tsp. Worcestershire sauce
- ½ tsp. Tabasco
- 1 tsp. Emeril's Essence (I added this)
- 1 tsp. corn starch
- 2 tsps. Water
- 1 ½ lbs. good fresh shrimp, peeled and de-veined
- 1 bay leaf (I added this)
- ¼ cup chopped scallions (I added this)
- ¼ cup chopped parsley (I added this)

Method: In a Dutch Oven, cook onion, celery, peppers and garlic in oil until tender. Add tomatoes, tomato paste and seasoning. Simmer 30 minutes. Blend corn starch and water. Stir into tomato mixture. Add shrimp. Simmer 15 minutes. Add scallions and parsley. Serve over cooked rice.

Note: This is a recipe often made by Grandma Joyce while I was growing-up on the farm. I made it for Nancy Haley (Hodges) on our first date in December of 1982 at 627 Medary Avenue in Brookings, SD. Not sure, but I think the date was December 29th, 1982.