Shrimp Etouffée

1 1/2 lb med. (40 - 50) shrimp (raw, cleaned, and save shells)
4 tbs butter
2 tbs flour
1 cup onion (diced)
1 cup celery (diced)
1 tbs Cajun Spice Mix
1 16 oz can crushed tomatoes
2 cups chicken stock
2 cups water
2 tbs minced garlic
1 tsp thyme (3 - 4 sprigs fresh)
2 tsp worcestershire sauce
1 tsp tabasco
2 tbs green onions, thinly sliced
2 tbs minced parsley
1 tsp salt
1 tsp black pepper
1/2 tsp cayenne pepper
1/2 tsp white pepper
3 - 4 whole bay leaves

First, place shrimp shells in a pot with garlic, thyme, bay leaves, and cover with chicken stock and water. Boil for about 10 mins., reduce heat and cook on MED for 20 more mins. Next, sprinkle Cajun Spice Mix on the peeled shrimp, toss, and set aside. Melt the 2 tbs butter into a MED hot, cast iron dutch oven or skillet, add the onions and celery. Saute until they're wilted Add the flour and stir it long enough to make a blonde colored roux. Add about a cup of the shrimp stock, whisk in, and cook for 10 mins., then add the tomatoes and the remaining stock. Whisk constantly while adding these ingredients.

Add all remaining spices and sauces. Turn the heat to MED/LO and cook for about a half hour. Add your shrimp, remaining butter, and green onions, cook until shrimp a done but not rubbery, about 12 - 15 mins. Serve over rice, sprinkled with parsley.

You can adjust the consistency of this dish by adding more stock. You can also use cooked crawfish tails in this wonderful dish.

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