

Cajun Shrimp Stew

Burt Kemp

2 pounds small (41+ count) Wild American raw shrimp, peeled and deveined
3/4 cup canola or vegetable oil
3/4 cup all-purpose flour
1 cup Trinity (Celery, Onion, Bell Pepper)
4 cups shrimp stock or water, warmed
1 teaspoon Burt's Cajun Seasoning, or to taste
1/2 cap Burt's Liquid Seafood Seasoning
2 tablespoons chopped fresh parsley, reserve some for garnish
1/4 cup sliced green onion, reserve some for garnish
Hot cooked rice



Burt Kemp - Chef

Peel and devein shrimp, pat dry, press a paper towel down on top of them and refrigerate.

Heat oil over medium high heat in a stockpot or cast-iron Dutch oven, stir in the flour and cook, stir until roux is the color of peanut butter, about 10 minutes.

Add the trinity; cook and stir until softened. Slowly stir in the stock or water, a little at a time, bring mixture up to a boil, reduce heat and simmer for about 30 minutes.

Add Burt's Cajun Seasoning, Burt's Liquid Seafood Seasoning, and shrimp; simmer for another 5 minutes or until shrimp is cooked through.

Stir in the parsley and green onion; taste and adjust seasonings.

Garnish with additional parsley and green onion if desired, serve over hot cooked rice, with hot buttered French bread and a side salad.

Makes:

Serves: 4

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