

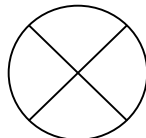
## SHRIMP ETOUFFÉE

### Ingredients:

- 1 tablespoon vegetable oil
- 3 lbs medium-large 16/20 shrimp, peeled and deveined (preferably fresh, never frozen)
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1 large yellow onion, chopped
- 1 green sweet pepper, chopped
- 3 tablespoons minced garlic
- 1 tablespoon butter
- 1 cup tomato sauce
- 1/2 cup water
- 1/ small bunch green onion tops, thinly sliced
- 3 tablespoons parsley, minced
- Salt, black pepper, cayenne pepper
- 2 lbs long grain white rice

### Equipment:

- 1 wireless clip-on microphone or headset microphone
- 2 quality gas or induction cookers
- 1 large cutting board
- 1 large chef's knife
- 1 large, deep, heavy pot (style Le Creuset)
- 1 medium size heavy pot with a lid (style Le Creuset)
- 1 very large container of water (2 gallon) if no water source available
- 1 large metal serving spoon
- 1 medium metal serving spoon
- Small paper bowls or plates and plastic forks for serving samples



SARAH

