



COURSE #32: GULF SEAFOOD COUVILLION

Recipe courtesy of Chef Isaac Toups of Toups' Meatery



Cook Time: 1 - 1 1/2 hours

Ingredients

- 5 lbs mixed Louisiana seafood: any combination of shrimp, crab or fish
- 1/2 C butter
- 1/2 C flour
- 1 onion, diced fine
- 2 red bell pepper, diced fine
- 3 ribs celery, diced fine
- 8 cloves garlic, minced
- 4 large tomatoes, pureed
- 1 C dry white wine
- 1 1/2 quarts fish, crab, or shrimp stock
- 1 T cayenne
- 2 t smoked paprika
- 4 bay leaves
- 4 sprigs of thyme

Instructions

Make a blonde roux by melting butter in thick-bottom Dutch oven. Add flour and cook for five minutes on medium heat. Add all vegetables, cook for approximately five minutes or until vegetables are translucent. Add tomato puree and stir until emulsified. Add white wine and seafood stock. Add the herbs and spices, and simmer for one hour, making sure to stir the bottom of the pot with a wooden spoon. After the hour, taste and salt to preferred level. Add seafood. Serve as soon as seafood is cooked, approximately 8 minutes.

Serve with Louisiana rice.