

# Créole Shrimp & Mirliton Curry

*Serves 4*

- 24 ounces of raw Gulf shrimp – deveined, shelled and thawed
- 1 can of coconut milk – approx. 13.5 ounces (I recommend culinary coconut milk)
- **Trinity:** 1 large onion, roughly chopped; 1 green bell pepper, chopped; 2 stalks celery, chopped
- 4 smaller organic tomatoes, cored and split (or 2 large tomatoes)
- 1 tablespoon tomato paste
- 2 mirlitons, boiled, peeled, and chopped
- 1 tablespoon ginger-garlic paste (I recommend jarred ginger and garlic, 1 1/2 tsp. each, mixed well. If unavailable, use minced ginger and garlic or powdered.)
- 4 tablespoons ghee (clarified butter) + 1 tablespoon pecan or olive oil
- 3 dried bay leaves
- 1 teaspoon turmeric powder
- 1/4 teaspoon thyme leaves
- 2 teaspoons Love Seasoning to taste (or 1/2 tsp. cayenne pepper powder & 1/2 teaspoon paprika powder)
- 1/2 teaspoon chili powder (optional)
- Salt and pepper to taste
- 1 cup seafood stock
- 1 1/2 tablespoons flour
- Freshly squeezed juice of 1/2 large lemon
- a handful of chopped cilantro leaves for garnishing

## **Method:**

- Prep: In a large pot, boil mirlitons until soft, then when cool, peel, half and chop them. Roast cored and split tomatoes over gas burner (or with a torch) and put in a Ziploc bag to soften. Peel off burnt skin, and chop roughly. Set both aside.
- In a large pot or sauté pan, heat 2 tablespoons of ghee.
- When well heated, put in all the dry powdered spices.
- Mix well, allowing the spices to cook well. Allow them to fry for 30 seconds or so.
- Add two tablespoons of ghee and sauté the roughly chopped onions, bell pepper and celery on medium heat. Make sure not to brown the seasoning. Add salt and pepper to seasoning.
- When the peppers and celery are soft and the onions are translucent, add the ginger-garlic paste. Mix well and allow to fry for about 30 seconds.
- Add the chopped tomatoes with the tomato paste, and mix well.
- When the tomatoes are soft and well incorporated with the seasoning, turn off the heat, and empty the contents of the pot in a food processor.
- Add 1/2 cup stock to the mixture and blend into a paste with the flour.
- In the same pot you used before, heat 1 tbsp of pecan or olive oil on medium heat.
- Once well heated, reduce heat to low and then add the Bay leaves, and allow to fry for a minute.
- Add the blended Trinity, tomato paste, and chopped mirlitons, seasoning again with salt and pepper.
- After a minute of stirring, add the coconut milk and mix everything well together.
- Add salt or Love Seasoning to taste, and allow the gravy to simmer on low heat for 1-2 minutes. Add some warmed stock or water if you feel the curry is too thick.
- Just before serving, add the shrimp and allow it to cook in the curry until pink.
- Season with lemon juice and garnish with cilantro leaves and serve with steamed rice.

***Bon manjé!***