

Spice Up Your Life

March 4

Creole



A Brief History...

Creole cuisine refers to food that comes mainly from the New Orleans region of Louisiana. It has a bit of a more aristocratic lineage as opposed to Cajun seasoning, as it comes from settlers born there or who emigrated voluntarily. Its style overall consists of various influences from Africa, Native Americans and southern Europeans. French flavor preferences and techniques have had a particularly strong effect. One can easily see the different cultures that guided Creole cooking reflected in its spice blends, which consist primarily of herbs such as oregano, basil, thyme, rosemary, parsley, and paprika.

Creole

What's in the kit?

In each spice kit, you will receive all the Creole spices needed to make a Shrimp and Rice dish. Please tag us on Facebook and/or Instagram with pictures of your recipe or e-mail them to us at events@hhhlibrary.org

This kit includes:

- 👉 5 tablespoons Paprika
- 👉 3 tablespoons Salt
- 👉 2 tablespoons Onion Powder
- 👉 2 tablespoons Garlic Powder
- 👉 2 tablespoons Dried Oregano
- 👉 2 tablespoons Dried Basil
- 👉 1 tablespoons Dried Thyme
- 👉 1 tablespoons Black Pepper
- 👉 1 tablespoons White Pepper
- 👉 1 tablespoons Cayenne Pepper

Recipe

Creole Shrimp & Rice

Ingredients:

- 🍴 Included Creole spices
- 🍴 1 (3½ ounce) bag boil-in-bag long-grain rice
- 🍴 4 teaspoons canola oil, divided
- 🍴 ¾ pound medium shrimp, peeled and deveined
- 🍴 1 cup 1% low-fat milk
- 🍴 1 tablespoon all-purpose flour
- 🍴 2 cups cherry tomatoes, quartered
- 🍴 1 cup chopped onion
- 🍴 ½ cup chopped green bell pepper
- 🍴 4 garlic cloves, minced
- 🍴 2 tablespoons minced fresh chives

Directions:

1. Cook rice according to package directions, omitting salt and fat.
2. Heat a large skillet over medium heat. Add 2 teaspoons oil to pan; swirl to coat. Sprinkle shrimp evenly with Creole seasoning and red pepper. Add shrimp to pan; sauté 3 minutes or until browned, stirring occasionally. Remove from pan.
3. Add remaining 2 teaspoons oil to pan; swirl to coat. Add onion and next 4 ingredients (through garlic) to pan; sauté 5 minutes. Combine milk and flour in a small bowl, stirring with a whisk. Add milk mixture to pan; bring to a simmer. Reduce heat to medium; cook 3 minutes or until slightly thickened. Add tomatoes to pan; cook 2 minutes or until tomatoes are tender. Stir in shrimp; sprinkle with chives. Serve with rice.

Sources

Bashinsky, Robin. "Creole Shrimp and Rice Recipe." MyRecipes, <https://www.myrecipes.com/recipe/creole-shrimp-rice>.

"Creole Seasoning: French Flavors with a New Orleans Spin." SPICEography, 6 Dec. 2017, <https://www.spiceography.com/creole-seasoning/>.

Joslyn. "Creole Seasoning Blend." Allrecipes, <https://www.allrecipes.com/recipe/38214/creole-seasoning-blend/>.

**Spice Club will resume
in May....**