



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

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FOR FOOD EDITORS

SHRIMP CREOLE--A TEMPTING COLD WEATHER DISH

Just the thought of the cold and blustery winter days ahead suggests to the homemaker that a piping hot main dish is in order to help protect the health and well-being of her family at this time of the year.

What better welcome to a hungry family could there be than that of the aroma of a delicious dinner simmering on the stove to greet them the minute they enter the door? A spicy Shrimp Creole served with steaming rice is just the right thing. This recipe combines the convenience of a meal in one dish along with keeping in mind the slimness of after-the-holidays budget.

Shrimp, one of the most versatile foods available, are in plentiful supply at present and are available fresh, frozen, cooked, and canned, in all parts of the country. The fine flavor and good food value of shrimp can be utilized in appetizers, soups, main dishes, and salads--in every course except dessert!

Although the recipes for Shrimp Creole may be many and varied, the home economists of the Bureau of Commercial Fisheries, U. S. Department of the Interior, suggest the following recipe to take care of your family's hearty appetites:

SHRIMP CREOLE

1½ pounds shrimp, fresh or frozen	1 teaspoon chili powder
¼ cup chopped onion	Dash pepper
¼ cup chopped green pepper	1 teaspoon salt
1 clove garlic, finely chopped	2 cups canned tomatoes
¼ cup butter or other fat, melted	Rice ring
3 tablespoons flour	

Peel shrimp, remove sand veins, and wash. Cut large shrimp in half. Cook onion, green pepper, and garlic in butter until tender; blend in flour and seasonings. Add tomatoes and cook until thick, stirring constantly. Add shrimp and simmer uncovered for about 20 minutes. Serve in a rice ring. Serves 6.

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