## **Shrimp Creole**

Recipe Name: Shrimp Creole Category: U.S. Farm-Raised Shellfish

Yield

24 servings

Number of Pans



HACCP Process: 1 – No Cook _X_ 2 – Cook &	& Same Day Se	rve 3	- Cook, Cool, Reheat, Serve4 - SOP Controlled	
Ingredients:	ents: For: 24 Servings		Directions: Remove the shrimp in gallons from refrigeration right before cooking. CCP below 41 degrees	
	Weight	Measure		
Freshwater Shrimp	8 lbs	3 portions		
		per pound		
Make the Creole Sauce first.				
White onions, medium diced	1 cup	2 ea onions	Medium dice the onions.	
Garlic cloves, fine chopped		4 each	Finely chop the garlic.	
Olive oil	4 fl oz.	½ cup	Pour the olive oil in a cold sauce pan, add the onions & garlic and sweat without color until the onions are tender.	
Red Peppers, medium diced	1 cup		Dice the red peppers, green peppers and celery the same size as the onions.	
Green Peppers, medium diced	1 cup		Add the peppers and celery to the onions & garlic.	
Celery, medium diced	2 cups		Heat slowly to evenly heat through.	
Tomatoes, diced in juice	4 lbs		Strain the diced tomatoes (save the juice), add to saucepan	
Vegetable broth	1 quart		Stir in the tomatoes and bring to a simmer, covered.	
			Add the vegetable broth and the strained tomato juice.	
			Taste and hold in a steam table to keep the Creole Sauce	
			above 135 degrees (CCP) as the shrimp are being cooked.	
Olive oil	4 fl. oz		Heat the oil in a large skillet.	
			Toss in the freshwater shrimp and quickly cook.	
			Once the shrimp have cooked, add the hot Creole Sauce	
			and mix together.	
			Adjust seasoning and heat depending on your population.	
Serve in a bowl with Creole Rice in the center with the 8 ounces of Shrimp Creole ladled around the boiled rice.				
Serving Size 8 fluid ounces Pan Size		Oven '	Femperature & Baking Time:	

Temperature

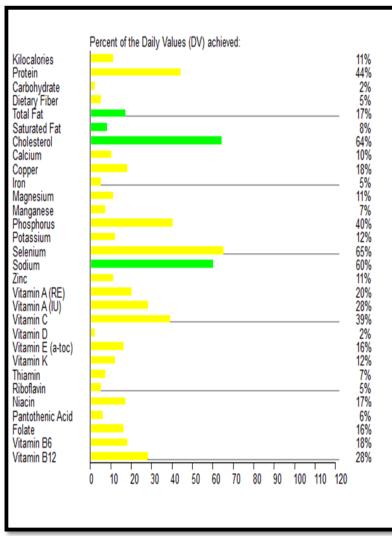
Convection

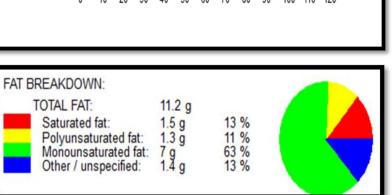
Minutes

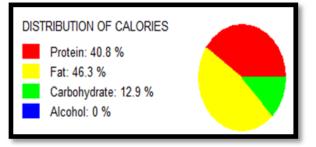
## 6-ounce shellfish portion

Omega-3 content 0.1819 g

Servings P	e: 11.29 o erRecipe		3)			
Amount Per Serving						
Calories 219 Cal. from Fat 101						
		% Daily	Value'			
Total Fat			15%			
	d Fat 2g		8%			
Trans Fa						
	r <b>ol</b> 191mg		65%			
Sodium 1			60%			
	bohydrate	e 7g	2%			
	Fiber 1g		4%			
Sugars						
Protein 2	?2g					
Vitamin A	30% V	/itamin C	40%			
Calcium	10% li	ron	4%			
2,000 cal	aily Values orie diet. Y igher or low rie needs.	our daily	values			
	Calories	2,000	2,500			
Sodium Total Carbo	Less than Less than Less than Less than ohydrate ber	20g 300mg	80g 25g 300mg 2400mg 375g 30g			







## 3-ounce shellfish portion

Amount P	er Servin	ıa		
Calories		from Fal	50	
		% Daily	Value'	
Total Fat	6g		8%	
Saturate	d Fat 1g		4%	
Trans Fa			30%	
Cholesterol 95mg				
Sodium 7			30%	
	bohydrate	e 4g	0%	
	iber 1g		2%	
Sugars				
Protein 1	1g			
Vitamin A	15% \	/itamin C	20%	
Calcium		ron	2%	
* Percent D 2,000 cal may be hi your calor	orie diet. Y gher or low	our daily	values	
Total Fat Sat Fat Cholesterol	Less than Less than Less than	65g 20g 300mg	80g 25g 300mg 2400mg	

