

Gulf Coast Stew

STRAIGHT FROM THE GULF OF MEXICO



(Serves 4)

INGREDIENTS

1½ lbs unpeeled, medium-size raw shrimp, 2 celery ribs, 1 large sweet onion, 2 qt. reduced-sodium fat-free chicken broth, 12 oz andouille sausage, cut into 1/2-inch pieces, 1 poblano pepper, seeded and chopped, 1 green bell pepper, chopped, 1 tbsp canola oil, 3 garlic cloves, chopped, 1 lb small red potatoes, halved, 1 (12-oz.) bottle beer, 1 tbsp fresh thyme leaves, 2 fresh bay leaves, 2 tsp creole seasoning, 1½ lbs fresh white fish fillets, (such as snapper, grouper, or catfish), cubed, 1 lb cooked crawfish tails (optional), kosher salt and freshly ground black pepper

PREPARATION

Peel shrimp and refrigerate.

In a saucepan, combine shrimp shells, celery ends, and onion peel. Add broth and bring to a boil. Simmer for 30 minutes.

In a large Dutch oven, brown sausage over medium-high heat. Remove and set aside. Sauté celery, onion, and peppers in oil until tender. Add garlic and sauté briefly. Stir in potatoes, next 4 ingredients, and sausage.

Strain the broth mixture into the Dutch oven. Bring to a boil, then reduce heat and cook for 20 minutes or until potatoes are tender. Add fish and cook until opaque. Add shrimp and cook until pink. Optional: add crawfish and cook until hot. Season with salt and pepper to taste.

Serve the seafood in soup bowls, topped with broth.