

Shrimp Pilau

Katie Kurtz

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*2 to 4 teaspoons butter
1/2 cup (one large stalk)
finely chopped celery
2 tablespoons red or green
bell peppers, chopped
2 pounds medium shrimp
1 tablespoon
Worcestershire sauce
1 teaspoon cayenne pepper
1 tablespoon all-purpose
flour
freshly ground black pepper
3 cups hot cooked rice
4 slices crisply fried bacon,
crumbled with the drippings*

Melt butter in a large skillet. Add the celery and sweet pepper. Cook until soft.

In a small bowl, mix the cayenne pepper with the flour. Sprinkle the shrimp with Worcestershire sauce. Stir the shrimp into the flour mixture. Add to the butter mixture. Stir and simmer until the shrimp are cooked, about 5 minutes. Do not overcook. Season with salt and pepper if desired (remembering that the bacon is salty).

Combine the shrimp with the hot rice, crumbled bacon and the bacon drippings (to taste).

Serve hot. Serve with asparagus and a salad.

Per Serving (excluding unknown items): 3364 Calories; 201g Fat (54.5% calories from fat); 202g Protein; 175g Carbohydrate; 4g Dietary Fiber; 1877mg Cholesterol; 3428mg Sodium. Exchanges: 10 1/2 Grain(Starch); 25 1/2 Lean Meat; 1/2 Vegetable; 37 Fat; 0 Other Carbohydrates.