

## Crayfish Beignets

Recipe courtesy of Chef Susan Spicer

MAKES 24 BEIGNETS

### INGREDIENTS

2 cups flour  
2 teaspoons baking powder  
1½ cups soda water  
1 pound crayfish tails  
1 small red bell pepper  
½ green pepper  
1 bunch scallions  
½ teaspoon garlic, minced  
1 tablespoon preserved lemon, or lemon zest  
Chives  
Salt  
Hot sauce

### DIRECTIONS

1. Sift flour and baking powder together and whisk in soda water to make a smooth, thick paste. Stir in other ingredients and rest at room temperature for 10 minutes.
2. Drop by spoonfuls into oil heated to 360°F. Cook on all sides until golden brown, about 3 minutes. Remove from oil, drain on paper towels and serve with tomato-tarragon cream. See recipe below.

## Brandied Tomato-Tarragon Cream

### INGREDIENTS

1 cup mayonnaise, preferably homemade  
¼ cup reduced fresh tomato puree  
2 tablespoons brandy  
¼ cup heavy cream, whipped to medium peaks  
2 tablespoons chopped fresh tarragon

Whisk all ingredients in a medium mixing bowl and refrigerate until ready to use.

**Thank you for making a healthy choice. Small actions can make a big difference for ocean health.** By choosing sustainable seafood and encouraging others to do the same, you are taking an important step in preserving a healthy ocean. **Examine your seafood's country of origin label.** Choose fish harvested in the U.S. as a first step toward a sustainable diet. **Know how your seafood is harvested.** Hook-and-line, harpooning and species-specific traps can minimize the impact of fishing on our ocean. **Be adventurous!** Don't be afraid to try something new. Diversifying our seafood diet takes pressure off the popular species, giving their populations a chance to recover.



TENNESSEE AQUARIUM

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## Grilled Shrimp "Gumbo"

Recipe courtesy of Chef Virginia Willis

SERVES 6

### INGREDIENTS

1 pound large shrimp (21/25 count),  
peeled and deveined  
12 ounces fully cooked andouille sausage,  
halved lengthwise  
1 pint grape tomatoes  
12 ounces finger-size okra, stems trimmed  
1 onion, preferably Vidalia, sliced into 1/4-inch rings  
1 red bell pepper, cored, seeded, and cut into strips  
1 poblano or green bell pepper, cored, seeded, and cut into strips  
¼ cup pure olive oil  
2 teaspoons Creole or Cajun seasoning, plus more to taste  
¼ cup ketchup, warmed  
4 green onions, white and pale green parts only, chopped  
Coarse salt  
Freshly ground black pepper  
Hot cooked rice, for serving

### DIRECTIONS

1. Prepare a charcoal fire using about 6 pounds of charcoal and burn until the coals are completely covered with a thin coating of light gray ash, 20 to 30 minutes. Spread the coals evenly over the grill bottom, position the grill rack above the coals, and heat until medium-hot (when you can hold your hand 5 inches above the grill surface for no longer than 3 or 4 seconds). Or, for a gas grill, turn on all burners to high, close the lid, and heat until very hot, 10 to 15 minutes.
2. Combine the shrimp, sausage, tomatoes, okra, onion, and bell peppers in a large bowl. Add the oil and Creole seasoning, and toss to coat the ingredients. Thread the shrimp, tomatoes, okra, and pepper onto separate skewers. (The onions can go directly on the grill.) Or, use a grilling basket instead of skewers for the vegetables.
3. Place the vegetables on the hottest part of the grill. Arrange the sausage over slightly cooler heat and the shrimp at the edges of the grill. Cook, turning once or twice, until the shrimp is opaque, the sausage is heated through, and the vegetables are tender and slightly charred, 8 to 10 minutes (the shrimp will take less time to cook). Slice the sausage, onion, and bell peppers into bite-size pieces, then transfer them, along with the other ingredients, to a large bowl.
4. Toss the meat and vegetable mixture with the ketchup and green onions. Cover the mixture tightly with plastic wrap and let the vegetables steam and wilt slightly, about 5 minutes. Remove the plastic wrap from the bowl. Taste and adjust the seasoning with salt, pepper, and Creole seasoning to your liking. Ladle over cooked rice in warmed serving bowls. Serve immediately.



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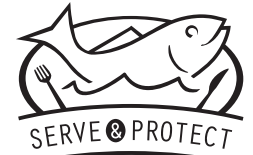
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