

Check out our radio program
on KANE AM1240
every Thursday at 10:30 am



BestLife Iberia Executive Chef,
Patrick Mould

Chef, educator, TV personality, cookbook author and culinary innovator, Chef Patrick Mould has contributed much to the cooking landscape that is South-west Louisiana. With over 25 years experience Chef Mould is no stranger behind a stove and has been at the forefront of Cajun and Creole Cuisine.



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Creole Shrimp Gazpacho

Ingredients:

- ◇ ½ cup water
- ◇ 2 teaspoon Cajun Seasoning
- ◇ 1 lb. **Vermilion Bay Sweet**® Brand 70/90 **Premium Shrimp**, peeled
- ◇ 3 cups tomatoes, chopped medium
- ◇ 1 cup cucumber, minced fine
- ◇ ¾ cup red bell pepper, minced fine
- ◇ ¾ green bell pepper, minced fine
- ◇ ½ small red onion
- ◇ ½ medium jalapeno seeded, minced fine
- ◇ 1 cup Tomato juice
- ◇ ½ cup shrimp stock
- ◇ ¼ cup lime juice
- ◇ ¼ cup cilantro leaves, minced
- ◇ 2 tablespoons red wine vinegar
- ◇ 2 tablespoons extra-virgin olive oil
- ◇ 1 teaspoon salt
- ◇ ¼ teaspoon black pepper

Directions:

- 1) In a sauté pan heat water and Cajun Seasoning to a boil.
- 2) Add **Vermilion Bay Sweet**® Brand 70/90 **Shrimp** and simmer until shrimp are cooked.
- 3) Strain shrimp, reserving stock. Place shrimp and shrimp stock in refrigerator to chill.
- 4) Place in a bowl ¾ of tomato, cucumber, red bell pepper, green bell pepper, red onion, jalapeno and cilantro.
- 5) Place remaining ingredients except for shrimp in the bowl of a food processor and puree.
- 6) Stir liquid from processor and shrimp into bowl with other ingredients until incorporated with minced ingredients.
- 7) Chill for 2 hours. Serve in chilled bowls.

Yields 4 to 6 servings.



MADE POSSIBLE BY:



www.delcambremarket.org



NUTRITIONAL ANALYSIS PROVED BY :

Calories: 153 • Protein: 17.25 g
Fat: 4.5 g • Salt: 1095 mg • Carbohydrates: 8.25 g
(per serving, as stated in recipe)



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