

# Ingredients



- 1 lb (450 g) large uncooked shell-
- on Gulf shrimp (21-25 per lb)
- 1 tbsp (15 mL) vegetable oil
- 2 bottles (8 oz/250 mL each) clam juice
- 2 cups (500 mL) chicken stock
- 1 medium onion
- 2 stalks celery
- 1 large russet potato, unpeeled
- 4 slices uncooked bacon
- 1/4 cup (50 mL) all-purpose flour
- 3 garlic cloves, pressed
- 2 tbsp (30 mL) Creole seasoning
- 1 cup (250 mL) dry white wine such as Chardonnay
- 1/2 cup (125 mL) half and half
- 1/2 tsp (2 mL) salt
- 1 tsp (5 mL) chopped fresh thyme leaves (optional)

## Creole Shrimp & Potato Chowder

MOM  
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HUNGRY  
BOYS

### Instructions

- Peel, devein shrimp and remove tails; do not discard shells or tails. Cut shrimp into small pieces; set aside. Heat oil in (4-qt./3.8-L) Casserole over medium-high heat 1-3 minutes or until shimmering. Add shells and tails; cook 3-4 minutes or until golden brown, stirring occasionally. Remove from heat. Place shells, tails, clam juice and stock into Large Micro-Cooker®; microwave, covered, on HIGH 8-9 minutes or until hot. Keep covered with lid and set aside.
- Meanwhile, on clean cutting board, finely chop onion and celery using Food Chopper. Dice potato and slice bacon crosswise into 1/4-in. (6-mm) strips using Santoku Knife. Set potato aside. Add bacon to Casserole and cook over medium heat 5-7 minutes or until crisp. Remove bacon from Casserole using Small Slotted Spoon (do not drain drippings). Set bacon aside.
- Add onion and celery to Casserole; cook 3-4 minutes or until tender. Add flour, pressed garlic and seasoning. Cook and stir 30 seconds or until combined. Add wine and simmer 3-4 minutes or until wine is reduced by half. Strain broth mixture through Micro-Cooker® lid into Casserole. Add potatoes and half and half. Bring to a simmer; reduce heat to medium-low and cook 12-14 minutes or until chowder is thickened and potatoes are tender, stirring occasionally. Stir in shrimp, salt and thyme, if desired. Cook 3-4 minutes or until shrimp are pink and opaque. Serve with bacon.

