



DEPARTMENT OF THE INTERIOR

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FOR FOOD EDITORS

SHRIMP JAMBALAYA--A NEW ORLEANS FAVORITE

As the Lenten season approaches, we again begin to hear of the world-famous New Orleans Mardi Gras, a mammoth celebration which began as far back as 1857. Few, if any, festivals can match this one for fun, good-fellowship, magnificence, tradition, and color. The Mardi Gras begins with an exclusive Twelfth Night Ball on January 6 and builds to a climax the Tuesday before Ash Wednesday. It is a time of elaborate and picturesque parades, dress balls, dancing in the streets-- a period of hectic merrymaking before the more somber period of Lent.

The mere mention of New Orleans brings to many minds the thought of Creole cookery which in turn makes one think of culinary secrets handed down from generation to generation--of delectable dishes of the old South.

Typical of these Creole creations of New Orleans is the Jambalaya. It may be made of many types of fish, shellfish, or meat with the basic ingredient being rice. Shrimp Jambalaya is one of the most popular dishes of New Orleans and justly so. It is a convenient and delicious meal in a dish and one that is kind to the budget.

Shrimp are plentiful and as always are a versatile and appealing main course for any meal. They are readily available in the fresh, frozen, or canned form and can be served simply in a gumbo or jambalaya or more elegantly in a meuniere or amandine.

Although the Jambalaya may be typical of the South it's hard to imagine a more appealing choice of a main dish for those who live in colder country. Think of the hit a steaming bowl of Shrimp Jambalaya will make with your family on a blustery winter day. Although the recipes for Shrimp Jambalaya are probably endless and will vary slightly with each cook, the home economists of the Bureau of Commercial Fisheries, United States Department of the Interior, suggests this recipe for Shrimp Jambalaya to set before your hungry family.

SHRIMP JAMBALAYA

2 cans (4½ ounces each) deveined, small shrimp	1½ cups water
½ cup diced ham	1 cup uncooked rice
2 tablespoons butter or other fat, melted	¼ teaspoon salt
½ cup chopped onion	1 bay leaf
1 cup chopped green pepper	½ teaspoon crushed whole thyme
2 cloves garlic, finely chopped	Dash cayenne pepper
1½ cups canned tomatoes	¼ cup chopped parsley

Drain shrimp. Cook ham in butter about 3 minutes. Add onion, green pepper, and garlic; cook until tender. Add tomatoes, liquid, rice, and seasonings. Cover and cook 25 to 30 minutes, or until rice is tender, stirring occasionally. Add parsley and shrimp; heat. Serves 6.

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