



## SHRIMP AND MIRLITON DRESSING CABANOCEY

**Prep Time:** 2 Hours

**Yields:** 10–12 Servings

### **Comment:**

Creoles have many options when it comes to dressings or stuffings. Although most would consider oysters or rice to be a major component of this side dish, there are often unique twists as seen in this recipe.

### **Ingredients:**

2 pounds (70–90 count) shrimp, peeled and deveined  
10 mirlitons  
½ pound butter  
½ pound ground beef  
½ pound ground pork  
1½ cups diced onions  
1 cup diced celery  
½ cup diced red bell peppers  
½ cup diced yellow bell peppers  
½ cup minced garlic  
3 cups shellfish stock  
¼ cup minced basil  
¼ cup thyme leaves  
salt and black pepper to taste  
granulated garlic to taste  
2 cups heavy whipping cream  
4 eggs, beaten  
1 cup thinly sliced green onions  
½ cup chopped fresh parsley  
4 cups seasoned Italian bread crumbs

### **Method:**

Split mirlitons lengthwise and boil in lightly salted water 45 minutes to 1 hour or until fork-tender, but not falling apart. When done, remove and cool in tap water. Remove seeds and discard. Chop mirlitons into ¼-inch cubes and set aside. While mirlitons are cooking, melt butter in a heavy-bottomed Dutch oven over medium-high heat. Add ground beef and pork and cook 30 minutes or until meat is golden brown and grains are separated, stirring occasionally. Add onions, celery, bell peppers and minced garlic and cook until vegetables are wilted, 5–10 minutes. Add shrimp and cook until pink and curled. The shrimp will create a fair amount of liquid. Reduce liquid to half volume then add cubed mirliton, blending well into the shrimp and vegetable mixture. Add stock, basil and thyme then bring mixture to a rolling boil. Reduce to simmer

and cook until liquid is reduced to approximately 2 cups and mirliton is blended well into the mixture, stirring constantly. Season mixture to taste using salt, pepper and granulated garlic. Place stuffing in a large mixing bowl and allow to cool slightly. Add heavy whipping cream and eggs, blending well into the dressing. Add green onions and parsley and enough bread crumbs to absorb any residual liquid in the dressing, being careful not to add more bread crumbs than necessary and causes the dressing to be dense. A lighter, airier dressing is preferred. Adjust seasonings if necessary. Place dressing in a greased 9" x 13" baking dish and allow to cool. Once cooled, place dressing in the refrigerator for up to 2 days or until ready to bake. When ready to cook, preheat oven to 350°F. Cover dish with aluminum foil and bake 30 minutes. Remove foil and cook until golden brown around the edges, and hot and bubbly in the center.