

## Tulane Eats! Shrimp Remoulade

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During the holiday season, amateur chefs reach for their cookbooks eager to try a hand at new recipes for the family. In this new series — Tulane Eats — short videos guide viewers through the creation of popular southern recipes as they are prepared by the chefs of [Tulane University Dining Services](#).

Leading today's demonstration is Scott Goodstal, resident dining executive chef. The dish of the day is shrimp remoulade, a meal in which large chilled shrimp are coated in a savory dressing and served over a bed of greens. Catch the next installment in Tuesday's New Wave email featuring district executive chef Travis Johnson making sweet potato hash.

Each video is shot in the demonstration kitchen of the [Barbara Greenbaum House](#) on the uptown campus with editing and videography by social and digital media coordinator Lesley Simpson and university photographer Sally Asher.

### **The recipe:**

Shrimp with Cajun Remoulade Sauce (Yields 8)

#### *Ingredients:*

1  $\frac{1}{3}$  tablespoon Remoulade Sauce

8 raw peeled shrimp

1  $\frac{3}{4}$  pint of boiling water

$\frac{7}{8}$  teaspoon old bay seasoning

$\frac{3}{8}$  oz - Lemon

*Preparation:*

1. Prepare Bayou Remoulade according to recipe.
2. Thaw shrimp in refrigerator at internal temperature of 40 degrees F. or below.
3. Remove shell and devein shrimp.
4. Combine water and Old Bay seasoning. Bring to a boil. Add shrimp. Boil shrimp for about 3 minutes until pink, opaque and minimum internal temperature is 145 degrees F.
5. Drain shrimp. Cool quickly to internal temperature of 40 degrees F. or below for use.
6. At service, neatly arrange shrimp on platter and serve with Bayou Remoulade Sauce.

**Bayou Remoulade Sauce**

*Ingredients:*

- 1 ½ cups low-calorie mayonnaise
- 3 tablespoons lemon juice
- ½ cup diced onion
- ½ cup green onion
- 1 cup creole mustard
- ½ cup Dijon mustard
- ½ cup diced celery
- ¼ cup paprika
- 2 tablespoons horseradish
- 1 tablespoon Worcestershire sauce

- ¼ teaspoon – Fresh parsley (optional)

*Preparation:*

1. Combine all ingredients in a medium bowl; mix well.