

"Chef's Knife Skills & 30-Minute Sauté Supper Recipe, Online with John Schwam," Sun Feb 27, 5:00pm, Zoom 7899

Learn easy and fancy skills, and create a delicious sauté supper you've never had. John Schwam will share his recipe for *Shrimp Creole Asiastique* or, as his friend New Orleans chef Eric Cook called it when he served it, *Shrimp Creole Asienne*.

Learn to perfectly mince ginger, fine-dice onions and peppers, and devein shrimp in one cut. We'll also fine-slice chicken for those who prefer it.

For vegans, the sauce is vegan so you may add crispy tofu, any vegetarian protein, or none. It's delish without any, over rice.

Here's what you'll need

(Serves 2)

- 8-12 medium shrimp
- Or 1 large boneless chicken breast
- 1 to 1-½ piece of fresh ginger root
- ½ large green bell pepper
- 1 small or ½ medium onion
- 2 Tbsp olive or any cooking oil
- 8 oz. chicken stock
- 1-½ Tbsp tomato paste
- 1 or 2 pinches of Creole Seasoning (*My recipe is below, or Emeril's or Paul Prudhomme is fine*)
- 2-½ Tbsp Chinese sweet & sour sauce*

**Available at any Asian market or, even better, tell your favorite local Chinese take-out you want a half pint of sweet and sour chicken sauce, no chicken. Yes, that stuff but trust me - Chef Cookie did! BTW I bought a quart from [Best Chinese Restaurant](#) (914-698-1333) in Mamaroneck so I could make this often.*

Classic Creole Seasoning:

- 1 Tbsp paprika
- 1-½ Tbsp granulated onion
- 1 Tbsp granulated garlic
- ½ tsp cayenne
- 1 tsp dried thyme

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