

**#101: Creole New Orleans**

**Deep-Fried, Seafood-Stuffed Bell Peppers**

**Tia Henry, Café Dauphine**

1 tablespoon vegetable oil  
1 large onion, chopped  
1 medium bell pepper, chopped  
2 celery ribs, chopped  
½ to ¾ cup mayonnaise  
1 large egg  
3 green onions, chopped  
2 tablespoons Worcestershire sauce  
Juice of 1 lemon  
2 tablespoons Creole mustard  
1 tablespoon Creole seasoning, or to taste  
1 pound lump crabmeat  
1 to 2 cups plain breadcrumbs  
6 whole medium bell peppers  
48 medium boiled shrimp, peeled and deveined  
Vegetable oil for frying  
1 large egg  
2 cups milk  
All-purpose flour for dredging (about 2 cups)  
Fish fry breading mix for dredging (about 2 cups)

To make the stuffing, heat 1 tablespoon vegetable oil in a large skillet over high heat. Sauté onions, chopped bell pepper and celery, stirring, until onions are translucent. Transfer the vegetables to a large bowl. Combine mayonnaise, egg, green onions, Worcestershire sauce, lemon juice, Creole mustard and Creole seasoning. Whisk together to mix well. Add crabmeat to vegetable mixture, gently folding it until incorporated. Add breadcrumbs to bind the mixture until it holds together and is moist, but not soggy. If too wet, add more breadcrumbs.

Preheat oven to 350 degrees.

Cut 6 whole bell peppers in half, removing seeds and membranes. Place bell pepper halves cut side down on a cookie sheet and bake for about 15 minutes, just until they begin to soften and turn a lighter green. Remove from oven and allow to cool.

Mound enough stuffing to fill the cavities of the cooled bell peppers. Top each half with 4 shrimp, pressing them down into the stuffing. Cut the stuffed bell peppers in half lengthwise (creating bell pepper quarters).

Preheat oil to 350 degrees in a deep fryer, Dutch oven or deep skillet.

Whisk the egg into the milk to create an egg wash. Triple batter the stuffed bell peppers by dredging each quarter in all-purpose flour until well coated, then dipping it into egg wash. Dredge in fish fry breading mix, shaking off excess, and dip back into the egg wash. Finally dredge them one last time in the flour.

Immediately place the battered bell pepper quarters into hot oil, frying about 8 minutes until they are golden brown and float to the top of the oil. Drain well and serve with remoulade sauce, cocktail sauce or tartar sauce.

Serves 12.