

**#103: Culinary Roots**

**Shrimp Boulettes**

**Melissa Martin, Mosquito Supper Club**

3/4 cup roughly chopped green bell pepper  
2 tablespoons roughly chopped green onions  
1/4 cup roughly chopped celery  
2 tablespoons roughly chopped flat-leaf parsley  
20 ounces peeled small or medium shrimp (about 3 cups)  
1 teaspoon kosher salt  
1/8 teaspoon cracked black pepper  
1/8 teaspoon cayenne  
1 tablespoon plus 1 teaspoon hot sauce  
Peanut oil, for frying

Grind together the bell pepper, green onions, celery, parsley, shrimp, salt, pepper, cayenne, and hot sauce using an old-fashioned meat grinder or a food processor. If using a meat grinder, combine all the ingredients in a bowl first and grind into a bowl. After everything is ground up, give it a good stir with a wooden spoon. If using a food processor, work in small batches and pulse until smooth. In either case, you should not see chunks of vegetables. Everything should be a homogenous paste.

Fill a heavy-bottomed large cast iron pot or a table top fryer with 4 inches peanut oil and warm to 375 degrees over medium-high heat.

Drop one small piece of the boulette mixture into the hot oil with two spoons or a small #100 scooper (the kind you would use to make cantaloupe balls or chocolate truffles). The ball should be no bigger than the diameter of a quarter. Fry that one boulette as a tester, noting how long you cook it. Try 6 minutes to start. It should become golden brown on the outside. After the boulette is cooked, transfer to paper towels or bags to drain excess oil, let it cool, taste it, and adjust the seasoning. Does it need more salt? Can it use more pepper or more heat? If so, add salt or cayenne or hot sauce. I like the boulettes to have a

slight vinegary taste and the hot sauce gives them that flavor. There is no one formula. You have to taste your mix every time.

Once you've adjusted your mix, drop about 15 balls at a time into the fryer and fry until golden brown, about 6 minutes. Eat boulettes immediately after they've cooled enough to pop them in your mouth.

Make Ahead: If you want to prepare these ahead of time or don't want to use all the mix at once, the boulette mix will last a couple days in the refrigerator. The salt may make the mix sweat and it may be watery but it will still be fine to fry. If you are making the mix ahead of time for a dinner party, you can always add the salt at the last minute before frying.

Serves 6.

(Excerpted from *Mosquito Supper Club* by Melissa M. Martin (Artisan Books).  
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