MOQUE CHOUX

12 ears corn
1/2 green pepper, diced
1 lg. tomato, peeled & diced
1/2 cup cooking oil
1 large onion, diced
1 Tbsp. sugar
1 lb shrimp, peeled, deveined and diced
Tony Cachere's to taste

Saute onion and green pepper in oil until wilted. Cut kernels from corn cobs and scrape with knife to get milk. Add ingredients through sugar and cook slowly for 45 minutes. Add shrimp and cook through.

Tip: Serve while wearing white rubber boots, so your family can mock your shoes while enjoying Moque Choux!

Courtesy of Dr. Catherine A. Hebert (985) 626-0111