

Shrimp Stuffed Mirlitons

Burt Kemp

4 large mirlitons
1 lb Fresh Shrimp
1 cup Trinity (Onion, Celery, Bell Pepper)
1 tsp Minced Garlic
½-1 cup breadcrumbs, buttered
1 tbs Burt's Cajun Seasoning



Burt Kemp - Chef

Boil mirlitons in water until soft. Remove from water and cut in half. Remove the seed and scoop out the mirliton meat and place in a bowl. Add 1 lb Fresh Shrimp, 1 cup Trinity (Onion, Celery, Bell Pepper), 1 tsp Minced Garlic, ½-1 cup breadcrumbs, buttered, season all with Burt's Cajun Seasoning. Mix well and stuff into the empty mirliton shells. We like to place a pat of butter on top. Pre heat you over to 350°. Place the stuffed mirlitons in a deep pan and add water so that they do not dry out. Cover and cook for ½ hour.

Mirlitons are the Louisiana version of The Chayote Squash or Cactus Pear.

Makes: 8 halves

Serves: 4

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