



Spicy shrimp stew

Gretchen McKay/Pittsburgh Post-Gazette-TNS
Shrimp rougaille is spicy with chiles and fragrant with ginger.

has island roots

By GRETCHEN MCKAY
Pittsburgh Post-Gazette

No matter where they hail from, part of the appeal of skillet dishes is the fact they get dinner on the table in no time, usually with just a handful of ingredients.

This spicy shrimp dish has roots that reach all the way to the island nation of Mauritius, east of Madagascar. A tasty blend of European, African, Chinese and Indian influences, Mauritius cuisine features a lot of fresh seafood. Much of it is enlivened with rich spices like ginger, garlic and thyme, and chile also is a key player.

After a quick sear in the pan, shrimp is softly poached in a mildly spicy Creole tomato sauce made

from fresh tomatoes flavored with minced ginger, garlic, onion and cilantro stems. It's served with even more cilantro — you have to be a fan — and a sprinkle of green scallions.

The recipe calls for extra-large shrimp, but I used colossal (15 per pound) because it was on sale. For more bite, season the shrimp with a little more cayenne, or add a pinch or two to the tomato sauce. Serve with steamed white rice.

SHRIMP ROUGAILLE

- 1/2 teaspoon cayenne pepper, divided, or more to taste
- Kosher salt and ground black pepper
- 1 1/2 pounds extra-large shrimp, peeled, deveined and patted dry
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon finely minced fresh ginger
- 2 medium garlic cloves, minced
- 1/2 teaspoon dried thyme
- 4 scallions, whites minced, greens sliced on the diagonal, reserved separately

- 1 bunch cilantro, stems minced, leaves roughly chopped, reserved separately
- 1 pound ripe tomatoes, cored and chopped
- Cooked rice, for serving

In small bowl, stir together 1/4 teaspoon cayenne and 1/2 teaspoon salt. Season the shrimp on both sides with the mixture.

In a 12-inch skillet over medium-high heat, heat oil until shimmering. Add half of the shrimp in a single layer and cook without stirring until golden on the bottom, 45 to 60 seconds. Using a slotted spoon, transfer to plate. Brown the remaining shrimp in the oil remaining in the pan, then transfer to the plate with the first batch.

To the oil remaining in the skillet, add ginger, garlic, thyme, scallion whites, cilantro stems, remaining 1/2 teaspoon cayenne, 1/4 teaspoon salt and 1/2 teaspoon

black pepper. Cook over medium, stirring often, until fragrant, about 1 minute.

Add tomatoes and 1 cup water. Bring to a simmer, scraping up any browned bits, then cook, stirring occasionally and adjusting the heat as needed to maintain steady but gentle simmer, until the sauce is slightly thickened, about 5 minutes.

Add shrimp and accumulated juices. Cook, stirring, until the shrimp are opaque throughout, 2 to 3 minutes. Remove the pan from the heat and stir in cilantro leaves. Taste and season with salt and pepper.

Transfer to a serving dish and sprinkle with scallion greens. Serve over cooked rice.

Serves 4.

—“Milk Street: The World in a Skillet” by Christopher Kimball (Voracious, April 2022, \$35)

Parents scramble during infant formula shortage

By SARAN GANTZ
The Philadelphia Inquirer

PHILADELPHIA — Karah Weiser was about to trudge on to yet another store in search of the specialty hypoallergenic baby formula her 4-month-old needs. But first she paused, took another look at the half-empty store display, and snapped a picture.

“Boothwyn Walmart,” the 32-year-old Drexel Hill mother wrote alongside the photo she uploaded to a Facebook group she created to help caregivers track down infant formula.

A nationwide infant formula shortage has made families into scavengers, searching the internet and driving miles in search of a can of the powder or concentrate liquid to feed their child one more day. Whether by choice or necessity, families that use formula often feel isolated and ostracized for not feeding their baby breast milk, and the shortage has added exponentially to that guilt and stress. Still, Philadelphia-area families have been banding together to help each other get the food — and support — they need.



Ashley Brown (front) and Kristen Bradwell prepare infant formula for their month-old daughter, Amelia, in their home in Brookhaven, Pa. Monday, May 16, 2022. Amelia is exclusively formula-fed, and to make sure they had enough, Ashley had to order a case through a seller on Facebook.

Facebook groups like Weiser's Delco Formula Finders are flooded with pictures of store shelves with dates and addresses, while other parenting groups have become

informal marketplaces to buy, sell, trade or donate unopened formula. Philadelphia lactation consultants are setting up donation boxes at libraries and shuttling supplies between

clients' homes. And lactating mothers who don't use formula are packaging up their excess breastmilk to donate.

“Ever since I started looking for formula, it's

really shocking how much there isn't,” said Weiser, her voice beginning to crack. For all the wild emotions, sleeplessness and stress that always come with a newborn, the thought of

her baby or anyone else's baby going without formula still demands action. “I think it's great people are looking out for each other,” she said.

On Monday, the U.S. Food and Drug Administration said it had reached a deal with formula giant Abbott, to reopen the manufacturing plant that has been closed since February, when several infants who consumed formula made there became ill and two died. Still, Abbott said it will be several weeks before new formula hits store shelves.

Families that can afford to pay whatever it costs to get the formula they need have found success in online retailers and buy/sell/trade Facebook groups. Though, as Ashley Brown found out, these formula cans are often marked up.

Brown, 29, of Brookhaven, in Delaware County, had decided to formula-feed her baby before she was born, but didn't want to stock up until she knew what type her baby would prefer — especially if it was a type another family needed immediately.