

CRAWFISH ÉTOUFFÉE

Ingredients:

2 sticks plus 4 tbsp butter
6 cups chopped onions
1½ cups chopped bell peppers
3 cups chopped celery
1 tbsp chopped garlic
5 bay leaves
3 tbsp flour
3 cups water
2 tsp salt
¼ tsp cayenne
½ cup chopped parsley
¾ cup chopped green onions
3 pounds frozen cooked crawfish tails thawed and drained
2½ cups long grain rice

Preparation:

Melt butter in skillet over medium high heat and add onions, peppers, and celery and sauté till soft and golden, about 10-15 minutes. Add garlic, and bay leaves, reduce heat to medium and cook for 10-12 minutes. Dissolve flour in water and add to mixture, add salt and cayenne and cook stirring till mixture thickens. Reduce heat and simmer for 6–8 minutes.

ÉTOUFFÉE MAY BE COOKED AHEAD TO THIS POINT AND IT CAN SIT COVERED TILL READY TO FINISH

Stir in crawfish, parsley and green onions and cook for 1-2 minutes to warm. Serve over rice.

FOR RICE COOKED LIKE PASTA:

Bring several quarts of salted water to boil. Add rice. Cook rice at a boil, stirring occasionally, for 10 minutes. Taste for doneness. Rice will be done between 11 and 13 minutes. When done drain and serve with Étouffée.