

Crawfish Étouffée

Ingredients:

1 stick butter
2 cups chopped onions
1 cup chopped celery
½ cup chopped green bell pepper
1 lb peeled crawfish tails, may use defrosted frozen tails
2 tsp minced garlic
2 bay leaves
1 tsp flour
1 cup water
1 tsp salt
Pinch of cayenne
2 tbsp finely chopped parsley
3 tbsp finely chopped green onions

Preparation:

In a large sauté pan over medium high heat, melt the butter, being careful not to burn it.

Add the onions, celery, and bell peppers and sauté until the vegetables are wilted, about 10 to 12 minutes.

Add the crawfish, garlic, and bay leaves and reduce the heat to medium. Cook the crawfish for 10 to 12 minutes, stirring occasionally.

Dissolve the flour in the water.

Add to the crawfish mixture. Season with salt and cayenne.

Stir until the mixture thickens, 3 to 4 minutes.

Stir in the parsley and green onions and continue cooking for 2 minutes.

Serve over steamed rice.