

Crawfish Étouffée

*2 sticks butter (16 tbsp)
3 cups onion, finely chopped
¾ cups celery, finely chopped
2 cups green bell pepper, finely chopped
2 tbsp cornstarch
3 lbs clean crawfish tails with fat
2 cups chicken stock
Salt and cayenne pepper to taste
1 cup fresh green onion tops, finely diced
1 cup fresh parsley, chopped*

6 cups cooked rice

Melt butter in heavy saucepan. Add the onions, celery and bell pepper and cook until vegetables are tender, 8-10 minutes. Add crawfish tails and cook, stirring occasionally until they throw off some of their liquid, 6-8 minutes.

Add the cornstarch to chicken stock, mix, and add to the crawfish mixture. Simmer stirring occasionally until the mixture thickens, 4-5 minutes.

Add salt and cayenne pepper to taste.

Garnish with green onions and parsley

Serve immediately over steamed rice.

Serves 12