



Chef Edgar

Crawfish Etoufée

Ingredients:

Seasoning mix:

2 tsp salt
2 tsp ground red pepper
(preferably cayenne)
1 tsp white pepper
1 tsp black pepper
1 tsp dried sweet basil leaves
½ tsp dried thyme leaves

Remaining ingredients

¼ cup chopped onions
¼ cup chopped celery
¼ cup chopped green bell
peppers
7 tbsp vegetable oil
¾ cup all-purpose flour
3 cups chicken stock
½ pound (2 sticks) unsalted
butter, *in all*
2 pounds peeled crawfish tails
1 cup very finely chopped
green onions
4 cups hot **Basic Cooked Rice**

Makes 8 servings

Preparation:

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- 1 Thoroughly combine the seasoning mix ingredients in a small bowl and set aside. In a separate bowl combine the onions, celery and bell peppers.

 - 2 In a large heavy skillet (preferably cast iron), heat the oil over high heat until it begins to smoke, about 4 minutes. With a long-handled metal whisk, gradually mix in the flour, stirring until smooth. Continue cooking, whisking constantly, until roux is dark red-brown, about 3 to 5 minutes (be careful not to let it scorch in the pan or splash on your skin). Remove from heat and immediately stir in the vegetables and 1 *tablespoon* of the seasoning mix with a wooden spoon, continue stirring until cooled, about 5 minutes.

 - 3 In a 2-quart saucepan bring 2 *cups* of the stock to a boil over high heat. Gradually add the roux and whisk until thoroughly dissolved. Reduce heat to low and cook until flour taste is gone, about 2 minutes, whisking almost constantly (if any of the mixture scorches, don't continue to scrape that part of the pan bottom). Remove from heat and set aside.

 - 4 Warm the serving plates in the oven.

 - 5 In a 4-quart saucepan melt 1 *stick* of the butter over medium heat. Stir in the crawfish and the green onions; sauté about 1 minute, stirring almost constantly. Add the remaining stick of butter, the stock mixture and the remaining 1 cup stock; cook until butter melts and is mixed into the sauce, about 4 to 6 minutes, constantly shaking the pan in a back-and-forth motion (versus stirring). Add the remaining seasoning mix; stir well and remove from heat (if sauce starts separating, add about 2 tablespoons more of stock or water and shake pan until it combines). Serve immediately on warm serving plates.

Recipe from Paul Prudhomme's Louisiana Kitchen.

Modifications to recipe – Edgar Miller