

Crawfish Etouffee

Ingredients:

- 1 stick butter
- 2 cups chopped onions
- 1 cup chopped celery
- 1/2 cup chopped green bell peppers
- 1 pound peeled crawfish tails
or peeled shrimp (40-50 ct.)
- 1 tablespoon minced garlic
- 2 bay leaves
- 1 tablespoon flour
- 1 cup warm seafood or chicken stock
- 1 1/2 teaspoon salt
- 3 pinches of cayenne
- 1/4 teaspoon white pepper
- 1 teaspoon Louisiana or Crystal Hot Sauce
- 2 tablespoons finely chopped parsley
- 3 tablespoons chopped green onions



Directions:

Melt the butter in a large saute pan over medium-high heat. Add the onions, celery, and bell peppers and saute 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 warm stock. Add to the crawfish mixture. Season with salt and cayenne. Stir until the mixture thickens, about 5 minutes. Stir in the parsley and green onions and continue cooking for 2 minutes. Serve over steamed rice.