

Crawfish Etouffee

Ingredients:

½ cup butter
¼ cup flour
3 cups diced onion
½ cup diced celery
½ cup diced green bell pepper
2 teaspoons minced garlic
½ teaspoon dried basil
½ teaspoon black pepper
½ teaspoon white pepper
¼ teaspoon cayenne pepper
1 teaspoon salt
1 teaspoon paprika
½ teaspoon Tabasco sauce
1¼ cup shrimp or chicken stock
1 pound peeled crawfish tails (or shrimp)
2 Tablespoons thinly sliced green onion
1 Tablespoon chopped parsley



Instructions:

Set a heavy bottomed Dutch oven over a medium heat. Melt the butter, add flour and whisk to make a roux the color of peanut butter. Add the diced onion, celery, and bell pepper. Cook until the onions are translucent and the celery and bell pepper are tender. Add the garlic, basil, black pepper, white pepper, cayenne pepper, salt, and paprika and cook for two minutes. (Note: If you don't have white pepper, just use 1 teaspoon of black pepper. Adjust the cayenne pepper up or down depending on how spicy you like your etouffee.) Stir in the Tabasco sauce and stock and bring to a gentle boil. Add the crawfish tails, green onions, and parsley. Simmer for 5 minutes, stirring occasionally. Serve over steamed rice.

Serves 4