



Crawfish Etouffee

BY CHEF JEREMY LANGLOIS

ingredients

- 1 lb. Peeled crawfish tail meat with fat
- 4 tablespoons butter
- 1 cup diced onions
- 1/2 cup diced bell pepper
- 2 tablespoons minced garlic
- 3 tablespoons flour
- 2 cups crawfish stock or water
- 1 cup diced tomatoes
- 1 table spoon cayenne pepper
- salt
- and pepper to taste
- 2 tablespoons chopped parsley
- 4 cups cooked rice

directions

In a heavy bottom pot melt butter over medium-high heat. Add chopped onions, bell pepper, and garlic. Saute until they are tender, about 10 minutes. Stir in flour and mix to form a blond roux. Add crawfish, stock and tomatoes and bring to a swimmer. Cook for 30 minutes. Stir in parsley and season with cayenne pepper, salt, and pepper. Serve over hot rice.