



Crawfish Etouffee

Serves 4

1 lb. peeled crawfish tail meat with fat
4 tablespoons butter
1 cup diced onions
1/2 dice 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 cup cooked rice

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.