

Crawfish Cardinale

Yields: 6 Servings

“This rich and versatile Creole recipe can be served over rice as a full meal, or as a topping on fresh fish.”

1 pound crawfish tails
4 tbsps unsalted butter
½ cup minced shallots
¼ cup minced onions
¼ cup minced celery
¼ cup minced red bell peppers
2 tbsps minced garlic
2 tbsps tomato paste
2 tbsps flour
3 cups heavy cream
2 tbsps Cognac
1 tbsp fresh lemon juice
1 tbsp chopped basil
sliced green onions
finely chopped parsley
salt and cayenne pepper to taste
paprika for garnish
parsley for garnish



In a large skillet, melt butter over medium-high heat. Sauté shallots, onions, celery, red bell peppers and garlic 3–5 minutes or until translucent. Stir in tomato paste and cook 1 minute. Add flour and cook 2 minutes, stirring constantly. Add cream, Cognac, lemon juice, basil, green onions, parsley, salt and cayenne pepper. Whisk well. Cook 3–5 minutes or until sauce-like consistency is achieved, stirring constantly. Add crawfish and cook 2–3 minutes. Remove from heat and adjust seasonings. Garnish with paprika and parsley.