

# Crawfish Stew

## INGREDIENTS

- 3 lbs. cleaned crawfish tails
- 1 cup vegetable oil
- 1 cup flour
- 2 cups diced onions
- 1 cup diced celery
- 1 cup diced bell pepper
- 2 tbsp. minced garlic
- 1/2 cup tomato sauce
- 1 1/2 quarts crawfish stock or water
- 1 cup chopped green onions
- 1 cup chopped parsley
- Salt and pepper to taste
- Hot sauce to taste

## DIRECTIONS

In a twelve-quart dutch oven, heat oil over medium high heat. Add flour and using a wire whip, stir constantly until dark brown roux is achieved. When brown, add onions, celery, bell pepper and garlic and sauté until vegetables are wilted, approximately five to seven minutes. Add one-pound crawfish tails and cook five additional minutes. Stir in tomato sauce, blend into roux and cook for three to five minutes. Slowly add crawfish stock or water stirring constantly until stew-like consistency is achieved. Bring to a boil, reduce to simmer and cook thirty minutes, stirring occasionally. Add the remaining two-pounds crawfish tails, green onions and parsley. Season using salt and pepper. Cook for twenty-minutes longer adding additional water if necessary. When done, serve over white rice with a few dashes of hot sauce.

*Chef Jeremy Langlois*

**Serves 4**

