

By Chef Jeremy Langlois

Crawfish Fettuccini



Ingredients

- 1½ cups butter**
- 2 large onions, chopped**
- 3 stalks celery, chopped**
- 1 green bell pepper, seeded and chopped**
- 1 red bell pepper, seeded and chopped**
- 4 cloves garlic, minced**
- ½ cup chopped fresh parsley**
- 1 bunch green onions, sliced**
- ¼ cup all-purpose flour**
- 2 cups half-and-half**
- ½ pound American cheese, cubed**
- ½ pound Monterey Jack cheese with peppers, shredded**
- 1 tablespoon salt**
- 1 tablespoon ground black pepper**
- ½ teaspoon cayenne pepper**
- 1 pound cooked crawfish tail meat**
- 1 pound hot cooked fettuccine**
- 1 cup grated Parmesan cheese**

Method

1. In a large pot or Dutch oven, melt butter over medium heat. Add onion, and cook for about 7 minutes or until translucent. Stir in celery, bell peppers, garlic, parsley, and green onion; cook about 10 minutes or until vegetables are softened.
2. Stir in flour until well incorporated; cook 5 minutes or until a nutty fragrance develops. Lower heat to medium-low, and slowly stir in half-and-half. Bring to a boil, then reduce heat to a simmer. Cook for about 4 minutes or until slightly thickened.
3. Slowly stir in American cheese, about ¼ cup at a time, letting each addition melt before the next; stir in Monterey Jack cheese in the same manner until incorporated. Stir in salt and black and cayenne peppers.
4. Add crawfish, and cook for 5 minutes or until heated through. Combine fettuccine with crawfish sauce, and top with Parmesan. Serve immediately.