

CRAWFISH CREOLE

INGREDIENTS

1 POUND CRAWFISH TAILS
2 TEASPOONS CREOLE SEASONING
¼ CUP UNSALTED BUTTER
¼ CUP ALL-PURPOSE FLOUR
½ CUP CHOPPED YELLOW ONION
½ CUP CHOPPED GREEN BELL PEPPER
¼ CUP CHOPPED CELERY
2 CLOVES GARLIC, MINCED
1 (28-OUNCE) CAN FIRE-ROASTED CRUSHED TOMATOES
1 CUP WATER
2 TEASPOONS KOSHER SALT
2 TEASPOONS HOT SAUCE
1 TEASPOON CHOPPED FRESH OREGANO
1 TEASPOON GROUND BLACK PEPPER
½ TEASPOON DRIED THYME
2 DRIED BAY LEAVES
¼ CUP CHOPPED FRESH PARSLEY
HOT COOKED RICE, TO SERVE
GARNISH: CHOPPED FRESH PARSLEY



METHOD

IN A MEDIUM BOWL, COMBINE CRAWFISH AND CREOLE SEASONING. IN A LARGE DUTCH OVEN, MELT BUTTER OVER MEDIUM-LOW HEAT. GRADUALLY ADD FLOUR, WHISKING UNTIL COMBINED. COOK, STIRRING FREQUENTLY, UNTIL ROUX RESEMBLES THE COLOR OF PEANUT BUTTER, 8 TO 10 MINUTES.

ADD ONION, BELL PEPPER, CELERY, AND GARLIC TO ROUX; COOK, STIRRING OCCASIONALLY, UNTIL TENDER, ABOUT 10 MINUTES. ADD TOMATOES, 1 CUP WATER, SALT, HOT SAUCE, OREGANO, BLACK PEPPER, THYME, AND BAY LEAVES. BRING TO A GENTLE BOIL OVER MEDIUM HEAT. SIMMER, STIRRING OCCASIONALLY, UNTIL THICKENED, 10 TO 15 MINUTES.

ADD CRAWFISH TO VEGETABLE MIXTURE, AND STIR UNTIL COMBINED. COOK, STIRRING OCCASIONALLY, UNTIL HEATED THROUGH, 5 TO 10 MINUTES. DISCARD BAY LEAVES. STIR IN PARSLEY. SERVE WITH WHITE RICE. GARNISH WITH PARSLEY, IF DESIRED.