

# Crawfish Etouffee

## Ingredients

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2 c Chicken Broth  
4 T Unsalted Butter  
5 T Flour  
1 Onion (chopped)  
1 Red Pepper (chopped)  
2 Celery Ribs (chopped)  
3 clv Garlic (minced)  
1 T Cajun Seasoning  
1/2 t Salt  
1/4 t Cayenne  
1 lb Crawfish (cooked, thawed)  
1/4 c Parsley

## Instructions

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1. In a small saucepan over medium-low heat, warm stock with pot covered. Once stock starts to steam, remove from heat and let sit, covered, until ready to use.
2. Meanwhile, in a large cast-iron skillet over low heat, melt butter. Add flour and cook, whisking constantly, until roux is a medium-brown caramel color, 5 to 6 minutes. Do not let roux burn.
3. Add onion, red pepper, and celery and cook, stirring occasionally, until softened, about 7 minutes. Add garlic, Cajun seasoning, salt, and cayenne, cook, stirring, until fragrant, about 1 minute more. Add warmed stock and bring to a simmer.
4. Partially cover skillet, reduce heat to low, and simmer, stirring occasionally, until liquid is

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slightly reduced and flavors have melded, 15 to 20 minutes.

5. Stir in crawfish and cook, tossing, until warmed through, about 2 minutes. Stir in parsley and mix well. Serve with rice.