# Crawfish Etouffee

## Ingredients

- 2 c Chicken Broth
- 4 T Unsalted Butter
- 5 T Flour
- 1 Onion (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
- 1 Red Bell Pepper (chopped)

## Instructions

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

# Crawfish Etouffee

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.