

# CRAWFISH (OR SHRIMP) ETOUFFEE

Source: Chef Paul Prudhomme's Louisiana Kitchen

Prepared: January 2016 by Natalie O'Dell Crocker

Makes: 8 servings

## Seasoning Mix:

2 teaspoons salt  
2 teaspoons cayenne pepper  
1 teaspoon white pepper  
1 teaspoon black pepper  
1 teaspoon dried basil leaves  
½ teaspoon dried thyme leaves  
¼ cup chopped onions  
¼ cup chopped celery  
¼ cup chopped green peppers  
7 Tablespoons vegetable oil  
¾ cup all-purpose flour  
3 cups, in all, Basic Seafood Stock  
½ pound (2 sticks) unsalted butter, in all  
2 pounds peeled crawfish tails or medium shrimp  
1 cup very finely chopped green onions  
  
4 cups hot rice

Thoroughly combine the seasoning mix ingredients in a small bowl and set aside. In a separate bowl combine the onions, celery and bell peppers.

In a large heavy skillet (preferably cast iron), heat the oil over high heat until it begins to smoke, about 4 minutes. With a long handled metal whisk, gradually mix in the flour, stirring until smooth. Continue cooking, whisking constantly, until roux is dark red-brown, about 3-5 minutes (be careful not to let it scorch in the pan or splash on your skin.) Remove from heat and immediately stir in the vegetables and 1 Tablespoon of the seasoning mix with a wooden spoon; continue stirring until cooled about 5 minutes.

In a 2-quart saucepan bring 2 cups of the stock to a boil over high heat. Gradually add the roux and whisk until thoroughly dissolved. Reduce heat to low and cook until flour taste is gone, about 2 minutes, whisking almost constantly (if any of the mixture scorches, don't continue to scrape that part of the pan bottom). Remove from heat and set aside.

Heat the serving plates to 250 degrees.

In a 4-quart saucepan melt 1 stick of butter over medium heat. Stir in the crawfish (or shrimp) and the green onions; saute for about 1 minute, stirring constantly. Add the remaining stick of butter, the stock mixture and the remaining 1 cup stock; cook until butter melts and is mixed into the sauce, about 4-6 minutes, constantly shaking the pan in a back-and-forth motion (versus stirring). Add the remaining seasoning mix; stir well and remove from

heat (if sauce starts separating add about 2 tablespoons more of stock or water and shake pan until it combines).  
Serve immediately.

To Serve: Mound  $\frac{1}{2}$  cup rice on each heated serving plate. Surround rice with  $\frac{3}{4}$  cup of the Ettouffee.

### *COOK'S NOTES*

