



Crawfish/Shrimp Etouffée

Seafood • Shrimp
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Serving size: 6 servings | **Cook time:** 15 mins

Ingredients

1/2 cup canola oil
1/2 cup all-purpose flour
3 stalks celery, chopped
1 medium Spanish or white onion, chopped
1 bell pepper, chopped
2 to 4 cloves garlic, finely chopped
2 bay leaves
1 tsp cayenne pepper
1 tsp dried thyme
1/2 tsp white pepper
Kosher salt and freshly ground black pepper

Directions

1. Heat the oil in a 12-inch cast iron skillet or large cast-iron skillet over medium-high heat until the oil begins to lightly smoke, about 5 minutes. Whisk in the flour and cook until it turns a peanut butter brown color. Turn off the heat. Stir in the celery, onions and peppers and cook until the onions are translucent, about 2 minutes. Return the heat to medium to medium-low and stir in the garlic and bay leaves. While the trinity cooks, combine the cayenne, thyme, white pepper, 1 teaspoon salt and 1 teaspoon black pepper in a small bowl. Stir into the skillet, a little at a time, to build flavor (see Cook's Note).

2. Whisk in the stock 1 cup at a time, making sure it is incorporated and smooth. Bring to a boil, then cook until slightly thickened, about 2 minutes. Season to taste with

3 to 3 1/2 cups low-sodium
chicken stock
2 pounds peeled crawfish tails
1 bunch green onions (3 to 4
bulbs), sliced (about 3/4 cup)
4 cups cooked rice, for serving
Hot sauce, for serving

Nutrition

Amount per serving
Serving size: 1 of 12 servings
Calories: 252
Total Fat: 11g
Saturated Fat: 1g
Cholesterol: 86mg
Sodium: 573mg
Total Carbohydrate: 23g
Dietary Fiber: 1g
Sugars: 1g
Protein: 16g

salt and black pepper. Add the crawfish and cook until they tighten in appearance, 2 to 3 minutes. Turn off the heat, then stir in half of the green onions. Serve immediately over fluffed rice with hot sauce and garnish with the remaining green onions.

Notes

<https://www.youtube.com/watch?v=RHWunh2FF60>