

CRAWFISH & SHRIMP ETOUFFEE

F MEDIUM

Last Modified: 03/22/1995

PREP: 6 Hrs
COOK: 45 Min
STOVETOP

CAJUN

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1/2	Cup	Yellow Onions	Fine Dice
1/4	Cup	Celery	Fine Dice
1/2	Cup	Colored Bell Peppers (Seeded)	Fine Dice
1	Cup	Green Onions (Greens & Whites)	Thin Sliced
2	Recipes:	Sauce - Roux - Dark Red - Brown	
3	Cups	Chicken Stock (Swanson)	
2	Sticks	Unsalted Butter	
1	12 Oz	Package Crawfish Meat (See Caution)	Thawed
OR			
2	Pounds	Whole Crawfish (Shells On)	Cooked
AND			
1	Pound	Medium Shrimp (41 / 50 Count)	Raw
3	Cups	Any Short or Medium Grain White Rice	Uncooked

SEASONING MIX

2	Tsp	Kosher Salt	
1/2	Tsp	Cayenne Pepper	
1	Tsp	Ground White Pepper	
1	Tsp	Ground Black Pepper	
1	Tsp	Dried Basil	
1/2	Tsp	Dried Thyme	

PREPARATION

FACTOID	I enjoyed this one very expensive evening in New Orleans at Paul Prudhomes' Restaurant (No reservations and long lines outside - People dressed from Jeans to Evening Gowns) I bought 2 of his cook books to make sure I got the Recipe (now heavily altered to fit my tastes). Traditional Cajun fare. High among my all-time favorite recipes. Extremely flavorful, as spicy as you want to make it and makes EXCELLENT leftovers.
FACTOID	Etouffee in French means "smothered".
OPTION	You may freely substitute ANY Meats / Seafoods you like for the Crawfish and Shrimp. (Chicken, Pork, Scallops, Crab, Squid, etc.).
CAUTION	I have discovered recently that frozen Crawfish Tail Meat is now being wild-caught in the Yellow River in China, instead of out of the "normal" USDA inspected Louisiana ponds. Now, while I truly do not know, I tend to NOT trust food that comes out of the dirtiest River in the world (it's not named Yellow for nothing), in a country lacking even rudimentary forms of food inspection. READ THE LABEL - SPEND AN EXTRA DOLLAR!

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TOOLS	<p>1) Cast Iron Skillet 2) Medium Saucepan & Lid 3) Large Saucepan & Lid 4) Small Mixing Bowl 5) Wooden Spoon 6) Fine Wire Strainer</p>
PREP	<p>DISH 1) Finely dice the Yellow Onions and set them aside. 2) Finely dice the Celery and add it on top of the Onions. 3) Finely dice the Bell Peppers and add them on top of the Onions. 4) Thinly slice the whole Green Onions and set them aside.</p>
1	Thoroughly mix the Seasoning Mix ingredients in a small mixing bowl and set it aside.
2	You must make a dark Red-Brown Roux in order to achieve the correct flavoring and for thickening - see the separate recipe & process. Optionally, you can make the Roux a day ahead and refrigerate it while still in the iron skillet covered with plastic wrap until ready to re-heat it until VERY hot on the stovetop and continue on to finish this recipe.
3	Remove the very hot Roux from the oven, and using a wooden spoon, immediately stir in the Onions, Celery and Bell Peppers and 1 tablespoon of the Seasoning Mix. Continue stirring until it is fully cooled, about 5 minutes.
CAUTION	This Roux is known in Louisiana as "Cajun Napalm" for good reason. Careful - Do NOT spill / splash any on your skin.
4	In a medium saucepan over high heat, bring 2 cups of the Chicken Stock to a boil. Gradually stir in the Roux & Vegetable mixture and stir until thoroughly dissolved. It should become a thick paste - if not, add in a little more Flour, reduce the heat to low and cook until the Flour taste is gone – about 3 minutes. If you feel ANY scorching, do NOT scrape the pan bottom.
5	Remove the Vegetable Mixture from the heat and set it aside.
6	Heat the serving bowls or plates in a 250 degree oven.
7	Cook the Rice according to package directions. Flavor the Rice cooking water by adding in either the Shrimp Shells or Crayfish Heads & Shells, bringing it to a boil and then strain out and discard the shells through a fine wire strainer.
8	In a large saucepan over medium heat, melt 1 stick of the Butter. Stir in the Crawfish, Shrimp and Green Onions, sauté about 1 minute while stirring constantly. If substituting other Meats or Seafoods - adjust the cooking time to the point that the other Meat is cooked until just barely done.
9	Add in the remaining stick of Butter, the reserved Vegetable Mixture and the remaining 1 cup of Chicken Stock, cook until the Butter melts and is mixed into the Sauce, about 4 to 6 minutes. Shake the pan instead of stirring it because it reduces the separation of Oil from the Butter. If it still separates, fix it in step #10.
10	Add in the remaining Seasoning Mix, stir well and remove from the heat. If Oil separation has occurred, it can be fixed by adding in a few extra tablespoons of Chicken Broth and gently shaking the pan until the Butter Oil again combines. Serve it immediately.
HINTS	To make a "pretty" Mound of Rice (See Last Picture). Pack the hot Rice evenly into a small, lightly Buttered Bowl. While holding onto the bottom of the bowl, invert a serving plate on top and then, quickly invert the while holding both together. Slide the packing bowl around until the Rice is centered in the serving dish. Lift off the packing bowl, the Rice will release easily because of the Butter.
SERVE	Mound a bowl full of Cooked Rice in the middle of the warm serving plates and surround it with 3/4 cup of the Etouffee (See Picture). Serve while hot.