

MEAT & SEAFOOD ETOUFFEE (QUICK)

F MEDIUM

Last Modified: 03/10/2015

PREP: 20 Min
COOK: 15 Min
STOVETOP

CAJUN

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Chicken Breast	Thin Sliced
OR			
2	Pounds	Beef Roast	Thin Sliced
OR			
2	Pounds	Pork Roast	Thin Sliced
OR			
2	Pounds	Medium Shrimp (41 / 50 Count)	Raw
3	Stalks	Green Onions (Greens & Whites)	Thin Sliced
1 ~ 2	8 1/2 Oz	Packages of Uncle Bens Ready Rice	Microwaved

ZATARAIN'S ETOUFFEE MIX

1	3.2 Oz	Box Zatarain's New Orleans Style Etouffee Base	
2	14 1/2 Oz	Cans Low Sodium Chicken Stock (Swanson)	
2	Tbsp	Tomato Paste (Contadina)	
2	Tbsp	Unsalted Butter	

RICE MIX MICROWAVEABLE PACKETS (90 Seconds)

UNCLE BEN'S READY RICE	
	Basmati; Beef Flavor; Brown, Red & Black Rice; Brown Basmati; Butter & Garlic; Chicken Flavor; Four Cheese Flavor; Garden Vegetable; Jasmine; Long Grain & Wild; Original Long Grain; Rice Pilaf; Roasted Chicken; Spanish Style; Teriyaki & Whole Grain Brown

UNCLE BEN'S READY WHOLE GRAIN MEDLEY

	Brown & Wild; Chicken Medley; Quinoa & Brown Rice; Santa Fe & Vegetable Harvest
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PREPARATION

FACTOID	This makes 4 Servings in just a few quick minutes (two Servings to eat tonight and two more to eat tomorrow night)
FACTOID	Etouffee in French means "smothered".
OPTION	You may freely substitute ANY Meats / Seafoods you like here (Chicken, Pork, Scallops, Crab, Squid, etc.).
NOTE	Sue and I make this at least twice a month during the Winter.
TOOLS	1) Fine Wire Strainer 2) Medium Mixing Bowl 3) Medium Saucepan & Lid
HINTS	Make the chosen Meat easier to cut into thin strips by freezing it for 15 minutes before.

MEAT & SEAFOOD ETOUFFEE (QUICK)

PREP	DISH 1) Thinly slice the whole Green Onions and set them aside. 2) Thinly slice the Meat and set it aside.
1	In a medium saucepan over medium heat, add in the Chicken Stock (or Beef Stock if substituting Beef). Bring it to a rolling boil and stir in the raw meat. Return to a boil and cook for 3 minutes. Place a fine wire strainer over a medium mixing bowl and strain the liquid out of the Meat. Reserve the Meat, Pour the cooking liquid back into the saucepan and over medium heat, mix in the Tomato Paste, and Butter. Stir and as soon as the Butter has melted, whisk in the Etouffee Base Mix Powder until there are no lumps. Return to a boil and cook for 3 minutes. Stir the cooked Meat back in and heat until hot.
2	Meanwhile, vent the chosen Rice packet(s) and microwave each on high for 90 seconds. Place the hot Rice on an individual serving plate and ladle 1/4 of the Etouffee Mixture on the top.
SERVE	Sprinkle the top with Green Onions and serve while hot.
STORE	Seal and refrigerate the remaining half of the Etouffee for another day.