

SHRIMP & CRAWFISH FONDUE

F MEDIUM

Last Modified: 06/03/2019

PREP: 20 Min
COOK: 45 Min
STOVETOP & BROILER

SEAFOOD

MAKES 8 SERVINGS

| QUA | MEASURE | INGREDIENT | PROCESS |
|-----|---------|-------------------------------|-------------|
| 1/2 | Pound | Crawfish Tails | Raw |
| 1/2 | Pound | Medium Shrimp (41 / 50 Count) | Raw |
| 1/2 | Stick | Unsalted Butter | |
| 1 | Cup | Baby Bella Mushrooms | Sliced |
| 1 | Cup | Green Onions (Greens Only) | Thin Sliced |
| 8 | Oz | Monterey Jack Cheese | Shredded |
| 1 | Cup | Baby Spinach | Coarse Chop |
| 4 | Oz | Soft Bacon Bits | |
| ? | Recipes | Bread - Garlic Bread | Thin Slices |

SEAFOOD FONDUE SAUCE

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|-----|--------|---------------------------------|----------|
| 1/2 | Stick | Unsalted Butter | |
| 4 | Tbsp | All Purpose Flour | |
| 2 | Medium | Shallots | Minced |
| 2 | Cups | Fresh Seafood Stock (See Below) | |
| OR | | | |
| 2 | Cups | Seafood Stock (Swanson) | |
| 1 | Cup | Sweet White Wine (Zinfandel) | |
| 2 | Cups | Heavy Cream | |
| 1 | Tbsp | Kosher Salt | |
| 1 | Pinch | Cayenne Pepper | To Taste |

FRESH SEAFOOD STOCK

| | | | |
|-----|------|--------------------------------|--|
| ALL | | Crawfish Shells, Tails & Heads | |
| ALL | | Shrimp Shells, Tails & Heads | |
| 3 | Cups | Water | |

PREPARATION

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| FACTOID | I enjoyed this wonderful, rich dish at PappaDeaux, a GREAT Seafood Restaurant while visiting Sue's family in Austin Texas. Serves 8 (but not really). Doubling it becomes much more reasonable for around 10 people. |
| NOTE | This recipe can be easily altered to include ONLY those seafood's you like - WATCH the different cooking times involved. You may freely substitute Lump Crabmeat, Lobster, Oysters, Clams, Mussels, Scallops, etc. for either the Crayfish and / or the Shrimp. I intend to make it using only pre-cooked Shredded Chicken Breasts since Sue dislikes the textures of most Seafoods. |
| FACTOID | Fresh, fresh, fresh is the "secret" to this dish. While frozen Seafoods are indeed COMPLETELY acceptable here, using FRESH Seafoods is definitely the way to create a die-for dish your guests will remember for a very long time. |

SHRIMP & CRAWFISH FONDUE

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| CAUTION | <p>I have discovered recently that pre-packaged 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.</p> <p>READ THE LABEL AND SPEND AN EXTRA DOLLAR OR TWO FOR SAFE FOODS!</p> |
| TOOLS | <ol style="list-style-type: none"> 1) Small Saucepan 2) Medium Saucepan 3) Medium Fine Wire Mesh Strainer 4) Medium Stainless Steel Skillet 5) Wooden Spatula |
| PREP | <p>DISH</p> <ol style="list-style-type: none"> 1) Remove the Heads, Shells and Tails from the Crawfish and set them all aside. 2) De-vein the Crawfish Tail Meat (If desired) and set them aside. 3) Remove the Heads, Shells and Tails from the Shrimp and set them all aside. 4) De-vein the Shrimp and set the Meat aside. 5) Thinly slice the Mushrooms and set them aside. 6) Thinly slice the Green Onion Greens and set them aside. 7) Shred the Monterey Jack Cheese and set it aside. 8) COARSELY chop the Baby Spinach (discarding the stems) and set them aside. |
| PREP | <p>SEAFOOD FONDUE SAUCE</p> <ol style="list-style-type: none"> 1) Mince the Shallots and set them aside. |
| NOTE | Seafood & associated stocks should ONLY be stirred using clean wooden utensils, |
| 1 | <p>SEAFOOD STOCK: In a small saucepan over medium heat, add in the Water and Shrimp & Crawfish Shells. Bring them to a rolling boil, lower the heat and simmer, stirring occasionally, until a bit more than 2 cups of liquid remains, about 15 minutes. Strain out and discard the shells, reserving the Stock.</p> |
| 2 | <p>SEAFOOD SAUCE: In a medium saucepan over medium heat, add in the Butter and melt until bubbling. Add in the Shallots and cook until soft, about 5 minutes. Stir in the Flour until no white remains to make the Roux. Lower the heat to low. Whisk in the reserved Seafood Stock, White Wine, Cream and Salt. Bring to a low boil (barely bubbling), about 5 minutes. Once hot, slowly add in pinches of the Cayenne Pepper tasting OFTEN.</p> |
| 3 | <p>FONDUE SAUCE: In a medium skillet over medium heat add in the Butter and melt until just bubbling. Add in the Mushrooms and cook while stirring until they are soft and darkened about 4 minutes. Add in the Baby Spinach and cook until limp, about 3 minutes.</p> |
| 4 | <p>FONDUE SAUCE: Add the Fondue Sauce into the Seafood Sauce and stir to mix well. Stir in the Bacon Bits. Add in the Crawfish and Shrimp Tail Meats and cook until they barely begin to curl and turn pink, about 5 to 7 minutes.</p> |
| 5 | <p>FONDUE: Pour the Mixture into a fancy shallow serving dish. Sprinkle the top evenly with the Cheese and then the Green Onions. Broil under high heat until the top melts and begins to brown nicely, about 4 to 6 minutes</p> |
| SERVE | Serve while HOT with thin pieces of crunchy, hot Garlic Bread and individual spoons. |