

Crawfish Etouffée Serves 10

Pot, large	5 Quart +
Salted or Unsalted Butter	1 stick, 8 Tablespoons
Flour	½ Cup
Chicken Broth	1 Quart
Onions	6 large, finely diced
Fresh Parsley	½ Cup finely diced
Fresh Green Onion	6 to 8 stalks, finely diced
Fresh Celery	5 to 6 long stalks, finely diced
Fresh Garlic	4 to 5 large cloves, finely diced
Frugé Cajun Seasoning	5 Tablespoons
Bay Leaves	3 whole
Worcester Sauce	2 Tablespoons
Crawfish, Preferably Louisiana	3 to 4 LBS. (If frozen, thaw before preparing)
	Can also be made with fresh shrimp ^
Onion Powder	2 Tablespoons
Rice	2 Cups
White Vinegar	1 Teaspoon
Olive Oil or Pecan Oil	1 Teaspoon
Fresh minced garlic	1 Tablespoon
Fresh Green onion	2 Tablespoons
Hot Water	4 Cups (for the rice)

For the simple roux, estimated cook time is 6 to 8 minutes. In a large pan, bring the pot to medium-to-medium high heat and add the whole stick of butter. Once the butter has melted, use a wooden spoon or metal whisk to slowly fold in 2 TB of the flour. Continue to stir the butter. After a minute or so, add another 2 TB of flour. Once that is thoroughly mixed, add the remaining flour. Stir for another 6 minutes on medium heat. Carefully add in a ¼ quart of the chicken stock. *You may want to wear an oven mitt during this while holding the spoon or whisk, as the steam will rise.* Stir / whisk well. Add your onions, parsley, green onion, celery, and fresh garlic. Stir well. Add the Frugé's Cajun Seasoning. Add the bay leaves. Add the Worcester Sauce. Add the onion powder. Stir well. Cover the pot and cook on medium heat for 20 minutes. Stir occasionally.

After cooking the fresh vegetable ingredients for 20 minutes, add the remainder of the chicken broth. Stir well. Cook for 10 minutes on medium heat. Add in your crawfish or shrimp, stir well. Cook on medium heat for 30 minutes. Stir occasionally.

Prepare your rice while the Etouffée finishes. In a pot or pan, add the oil. Bring to medium heat. Add 1 TB of the diced garlic, and cook in the oil. Cook for 1 to 2 minutes, but do not brown the garlic. The garlic will release its flavor and add a nice aroma to the rice. Next, add the dry rice. Toast it by bringing the heat up to medium-high, and stir the rice occasionally. Do this for 2 minutes. Add the 4 cups of hot water, add the vinegar, and add the green onion. Stir. Cover the pot. Bring to a boil, then reduce to medium low heat. Cook for 22 minutes, leave covered to cool for 5 minutes.

Serve plentifully over a bed of rice. C'est bon!

This recipe of Louisiana Crawfish Etouffée is one of simplicity. The natural flavors that merge together with our FRUGE Cajun Seasoning bring about a subtly delicious dish, with an ever so gentle sweetness from the crawfish tails. This recipe calls for no thickening agents like corn starch, resulting in a smooth crawfish melody over rice.