

Crawfish or Shrimp Étouffée Recipe

Ingredients

- 4 pounds peeled crawfish tails or 4 pounds peeled and deveined Shrimp
 - 1-2 tablespoon hot sauce, turn up the heat 😊
 - Sprinkle of crushed red peppers
 - 1/2 cup vegetable oil
 - 1/2 cup all-purpose flour
 - 4 celery ribs, chopped
 - 2 large onions, chopped
 - 3 large green bell peppers, chopped
 - 1 bunch green onions with tops, chopped
 - 1/2 cup water
 - 1 teaspoon table salt
 - 1/2 teaspoon black pepper
 - 1/2 cup chopped fresh flat-leaf parsley
 - 1/2 cup heavy cream
 - Prepared hot cooked rice
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- **Step 1**
Sprinkle the crawfish/shrimp with the hot sauce and 1/4 to 1/2 teaspoon crushed red pepper.
 - **Step 2**
Stir together the oil and flour in a 4-quart Dutch oven. Cook over medium, stirring constantly, 10 to 15 minutes or until the roux is the color of a penny.
 - **Step 3**
Stir in the celery and next 3 ingredients; cook, stirring often, 8 minutes or until vegetables are tender. Add the crawfish and 1/2 cup water; cook over low, stirring occasionally, 15 minutes.
 - **Step 4**
Stir in the salt, black pepper and simmer 5 minutes. Stir in the parsley and cream. Serve over the rice.

Source – slightly adapted by Chef Robert

[Recipe Revival: Southern Classics Reinvented for Modern Cooks](#) (2016; Time Inc. Books)

Crawfish Étouffée Recipe

In Louisiana, crawfish season signals the arrival of spring. This [classic Cajun étouffée](#) starts with a simply seasoned roux. Enriched with crawfish fat, the recipe closely resembles the original 20s dish created by Mrs. Charles Hebert at the eponymous Breaux Bridge Hebert Hotel. A longtime [Lenten favorite](#), crawfish étouffée has inspired dozens of variations including Creole versions that add tomatoes. Mrs. Hebert did not.

Chef Roberts Notes:

- Cajun Trinity – is much like mirepoix (French cooking technique) Cajun Trinity is the start of many Cajun dishes just like mirepoix is to soups.
- Making the Roux is time consuming and needs to be watched constantly. Roux can burn easily. If it burns you will never get that burnt taste out of it and must be thrown out.
- If you're using P&D shrimp, add a ¼ cup clam juice to add the fat flavor of Crawfish.
- For the class please have your favorite rice recipe prepared and ready to be served.