

## **Crawfish Etouffée**

*From the Kitchen of [Deep South Dish](#)*

1/4 cup (1/2 stick) unsalted butter  
1/4 cup all-purpose flour  
1 cup chopped onion  
1/2 cup chopped green bell pepper  
1/4 cup chopped celery  
2 teaspoons minced garlic  
2 cups seafood or chicken stock/broth  
1 teaspoon kosher salt  
Freshly cracked black pepper, to taste  
1/2 teaspoon Old Bay seasoning, or to taste  
1/2 teaspoon Cajun seasoning, or to taste  
1 pound Louisiana crawfish tails, with fat  
1 tablespoon chopped fresh parsley, plus extra for garnish  
1/4 cup sliced green onion, plus extra for garnish  
Hot, cooked rice  
French bread

Melt butter in a large skillet over medium heat and stir in the flour; cook and stir for about 4 minutes or until caramel colored.

Add the onion, bell pepper and celery; cook another 3-4 minutes or until tender, add the garlic and cook another minute.

Slowly stir in the stock or broth until fully incorporated.

Add the salt, pepper, Old Bay and Cajun seasoning. Bring mixture to a boil; reduce heat to a medium low simmer, cover and simmer for 15 minutes, stirring occasionally.

Add the crawfish tails, cook and stir until crawfish is heated through; stir in the parsley and green onion, reserving a bit for garnish.

Serve immediately over hot, cooked rice with fresh French bread and a side salad.

**Cook's Note:** For a seafood étouffée, crawfish is traditional, though shrimp or crab can be substituted. It is lacking the fat from the crawfish so it's a totally different taste experience however, so you may need some additional seasonings. Taste and adjust.

*Frozen Crawfish Tip:* Use freshly boiled, or Certified Cajun Louisiana frozen crawfish whenever possible, however, to freshen frozen crawfish, place the thawed crawfish in a small container. Whisk 1 to 3 tablespoons of liquid crab boil (depending on heat level desired) with about 1-1/2 cups of ice-cold water (or enough to cover the crawfish) and pour over the crawfish. Soak, covered, in the fridge for about an hour. This will add definite spiciness to the finished dish, so you'll want to eliminate or significantly reduce any cayenne, or other Cajun or Creole seasoning you would normally add in the étouffée.

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