



# K-Paul's Louisiana Kitchen

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## Crawfish Etouffée

Makes 8 servings

2 1/2 tablespoons Seafood Magic Seasoning  
1/4 cup chopped onions  
1/4 cup chopped celery  
3/4 cup, in all, Basic Seafood Stock  
2 pounds peeled crawfish tails or medium shrimp  
4 cups hot Basic Cooked Rice  
1/4 cup chopped green bell peppers  
7 tablespoons vegetable oil  
1/2 pound unsalted butter, in all  
1 cup very finely chopped green onions

In a bowl combine the onions, celery and bell peppers. In a large heavy skillet (preferably cast iron), heat the oil over high heat until it begins to smoke, about 4 minutes. With a long-handled metal whisk, gradually mix in the flour stirring until smooth. Continue cooking, whisking constantly, until roux is dark red-brown, about 3-5 minutes (be careful not to let it scorch in the pan or splash on your skin). Remove from heat and immediately stir in the vegetables and seasoning mix with a wooden spoon; continue stirring until cooled, about 5 minutes.

In a 2-quart saucepan bring 2 cups of the stock over high heat. Gradually add the roux and whisk until thoroughly dissolved. Reduce heat to low and cook until flour taste is gone, about 2 minutes, whisking almost constantly (if any of the mixture scorches, don't continue to scrape that part of the pan bottom). Remove from heat and set aside.

Heat the serving plate in a 250 degree oven.

In a 4-quart saucepan melt 1 stick of butter over medium heat. Stir in the crawfish (or shrimp) and the green onions; sauté about 1 minute, stirring almost constantly. Add the remaining stick of butter the stock mixture and the remaining 1 cup stock; cook until butter melts and is mixed into the sauce, about 4-6 minutes, constantly shaking the pan in a back-and-forth motion. Stir well and remove from heat (if sauce starts separating, add about 2 tablespoons more of stock or water and shake pan until it combines). Serve immediately.

For seafood stock: 1 1/2 - 2 pounds rinsed shrimp heads and /or shells, or crawfish heads and / or heads, or crab shells, or rinse fish carcasses (heads and gills removed), or any combination of these. Always start with cold water - enough to cover the stock ingredients. Place all ingredients in a stock pot or large saucepan. Bring to a boil over high heat, then gently simmer at least 4 hours, preferably 8 (unless directed otherwise in a recipe), replenish the water as need to keep about 1 quart of liquid in the pan. The pot may be uncovered or set a lid in it. Strain, cool and refrigerate until ready to use. (Note: Remember that if you are short on time, using a stock simmered 20-30 minutes is far better than using just water in any recipe).