

# crawfish etouffee

## INGREDIENTS

1 stick butter	1lb crayfish tails
2 cups chopped onion	2tbs flour
1 cups chopped celery	2 cups chicken stock or water
1ea chopped red pepper	1/4 tsp cayenne
1ea chopped green pepper	2tsp salt
1tsp chopped garlic	3tbs chopped parsley
2 bay leaves	3tbs chopped green onion

## INSTRUCTIONS

1. Melt butter in a large sauté pan over medium-high heat.
2. Add onions, celery, peppers and garlic and cook until soft.
3. Add crayfish and bay leaves and cook for 5-10 min on medium heat.
4. Dissolve the flour in the stock and add to the pan and season with salt and cayenne.
5. Stir and cook for 5min or until mixture thickens.
6. Remove bay leaves and garnish with parsley and green onion
7. Serve over steamed rice.

recipe courtesy of Hattie's Restaurant