
Crawfish Etouffee

From the Kitchen of Brett Broussard

2 pounds cleaned crawfish tails
1/2 pound butter
1 cup onions, chopped
1/2 cup celery, chopped
1/2 cup green bell pepper, chopped
1/2 cup red bell pepper, chopped
1 can chopped tomatoes
2 tablespoons garlic, diced
2 bay leaves
1 can small can of tomato sauce
1 cup flour
2 quarts seafood stock or water
1 tablespoon lobster base
1 cup green onions, chopped
1/2 cup parsley, chopped
salt and cayenne pepper to taste
1 tablespoon Louisiana Gold Pepper Sauce
2 cups white rice, steamed

In a 2-gallon stock pot, melt butter over medium-high heat. Add onions, celery, bell peppers, tomatoes, garlic, and bay leaves. Saute until vegetables are wilted, approximately 3-5 minutes. Add crawfish tails and tomato sauce and blend well into mixture. Using a wire whip, blend flour into the vegetable mixture to form a white roux. Slowly add lobster base and seafood stock, a little at a time, until sauce consistency is achieved. Continue adding more stock as necessary to retain consistency. Bring to a rolling boil, reduce to simmer and cook 30 minutes, stirring occasionally. Add lobster base, green onions and parsley and cook an additional 5 minutes. Season to taste using salt and Cayenne pepper. Serve over steamed white rice using a few dashes of Louisiana Gold Pepper Sauce.
