

MA TOUPS CRAWFISH ETOUFFEE

*Can use
shrimp*

- 1/2 stick butter
- 2 tbs. flour
- 1 stalk celery, chopped fine
- 1 large onion, chopped fine
- 1/2 small bell pepper, chopped fine
- 2 cloves garlic, chopped fine
- 1/4 cup onion tops and parsley, chopped fine
- 3/4 cup cold water
- 1/4 cup dry white wine
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. red pepper
- 1 lb. crawfish tails

Season crawfish tails with salt and pepper and set aside.
Melt butter in heavy pot, but not a black pot. Add flour and brown to a light brown, not dark. Add celery, onions, bell pepper, garlic and cook until vegetables are tender — but not brown — stirring often. Add crawfish tails, saute for 20 minutes. Add water, green onions. Bring to a boil and cook over low heat for 5 minutes. Add wine and parsley. Cook 5 minutes more.
Season to taste and let set a few minutes. Serve over cooked rice.
Serves 3.