

Cajun Prairie's Signature

Crawfish Etouffee

Ingredients: Serves 6-8

8 tbsp Butter (reserve 6)	2, 10.5oz cans Golden Mushroom Soup
2 cup Onion, diced	2 pounds Crawfish Tails, cleaned, in fat
1 cup Green Bell Pepper, diced	2 tbsp <u>Cajun Prairie Premier Chargrille Seasoning</u>
1 cup Celery, diced	½ cup Water
1 tbsp Minced Garlic	2 tbsp AP Flour (if gluten-free, chickpea flour)
2 tbsp <u>Cajun Prairie Premier Vegetable Seasoning</u> ½ cup	Parsley, chopped

Directions:

Assured all ingredients are in stock, choose a heavy saucepan with lid, place uncovered over medium heat, then add 2 tablespoons butter, and reserve the remaining. Add the diced onions, sauté until soft, then add bell pepper and celery. Stir to blend the mixture, which is called the Holy Trinity, and season with your Premier Vegetable Seasoning. Stirring often, cook until onions are slightly browned. Meanwhile, prepare the Crawfish and make a stock by adding the tails and fat to a colander placed over a larger bowl. Rinse the inside of the Crawfish Tail bag with ¼ cup of water and pour over the tails; this allows the remaining juices within the tails to drain into the bowl and produce a stock. Repeat the process for the second pound, keeping both filled containers cool until ready to add to the saucepan. When the onions have reached light brown, add the Golden Mushroom Soup and blend well, stirring continuously for 3 minutes, lower heat if necessary, not to scorch. Then add the remaining butter and reduce heat to low. Add the preferred flour to the bowl of crawfish stock and whisk until completely dissolved. Because the amount of fat in Crawfish Tails varies, ensure you have at least 1 cup of stock, adding more water if needed. Stir into the saucepan, increase heat to medium-high, then stir briskly to thicken. When the mixture reaches a velvety texture, approximately 3 minutes, reduce heat to low. Stir as needed while finishing Crawfish Tail preparation. Add your Premier Chargrille Seasoning and garlic to the tails, then toss to coat. Add the prepared Crawfish to the saucepan and stir gently to blend, then cover tightly. This process will allow the natural release of the savory seasoning and flavors from the Crawfish Tails to finish your Etouffee perfectly. After 2-3 minutes, remove the lid, stir gently, and add the parsley. Replace the lid for 2 more minutes, remove from heat, and stir gently. A good Cajun dish should be filled with flavor, not pepper, a misconception that Cajun food is peppered. Add more Chargrille Seasoning, if desired. Serve over prepared medium grain rice, a southern tradition.

Enjoy Cooking with Spirit, a family tradition

The Miller's

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Etouffee is a hearty and flavorful dish from Louisiana, celebrated for its rich, velvety sauce and distinctive Cajun flavor. It's traditionally made with crawfish or shrimp, which are gently added to Cajun's Cuisine "Holy Trinity": onions, bell peppers, and celery, sauteed to a savory depth. Etouffee is seasoned with special spices and garlic and served over steamed rice to balance its bold and comforting flavors. It's a true gem of Southern cooking!