

Louisiana CRAWFISH RECIPES



Crawfish Etouffee

Ingredients

1 1/2 lbs. butter
12 c. chopped onion
4 c. chopped celery
4 c. chopped bell pepper
10 cloves garlic, pressed
8 t. salt
2 t. black pepper
2 t. cayenne pepper
2 t. sugar
1/2 c. tomato paste
3 c. water
3 c. white wine
8 lbs Louisiana crawfish tailmeat
1 bunch green onions chopped
2 t. Kitchen Bouquet
Cooked rice

Preparation

In a large, heavy pot, melt butter and sauté onions, celery, bell pepper and garlic until soft. Stir in salt, black and cayenne peppers, sugar and tomato paste. Simmer, stirring occasionally, for 20 minutes or until mixture thickens. Add crawfish, green onions and Kitchen Bouquet. Mix well. Refrigerate overnight. Reheat slowly and serve over steamed rice. Be careful not to overcook. Serves 24.

www.crawfish.org



Boiled Crawfish

Ingredients

1 large onion, cut into 6 wedges
2 lemons, cut into wedges
1 box salt
6-ounce box red pepper
2-ounce bottle liquid crab boil
2 stalks celery
1 small head garlic

Preparation

Let the seasoned water boil with the lid on tight for approximately 15 minutes. Put 12 pounds washed crawfish into boiling water. Cover and bring to boil. Begin timing when steam appears around edges of lid. Cook for 5 to 8 minutes, stirring occasionally. Turn off heat and let soak for 10 minutes longer. Remove crawfish and sample. If the seasoning is not hot enough, correct by adding more of whatever is needed.

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Louisiana's Most Delicious Natural Resource

Dating back to the native Americans and the early European settlers, the crawfish has been an inherent part of Louisiana culture. Abundant in the swamps and marshes across south Louisiana, crawfish were a favorite food of early residents. Centuries later, crawfish season in Louisiana is still exciting, with crawfish boils and backyard parties a time-honored tradition.

Crawfish tailmeat can be purchased fresh or frozen in 12 or 16 ounce vacuum sealed bags. Crawfish are not only delicious, but extremely high in nutritional value and low in fat. Its delicate, unique taste comes through, whether the meat is eaten alone, cooked in traditional dishes or used in new culinary creations.



Crawfish and Corn Soup

Louisiana Crawfish Promotion and Research Board
As seen in the April 2006 issue of Louisiana Cookin' magazine.



Photograph by Mike Palumbo; Food styling by Eugenia Uhl.

Ingredients

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| 3 tablespoons butter | 1 (10-ounce) can cream-style corn |
| 2 tablespoons chopped bell pepper | 1 (10-ounce) can whole kernel corn |
| 2 tablespoons chopped celery | 1 1/2 cups water |
| 1 teaspoon minced garlic | 1/2 teaspoon cayenne pepper |
| 2 tablespoons chopped onion | 1 pint half and half |
| 1 pound Louisiana crawfish tails | |

Preparation

In a medium sauce pot, heat butter over medium-high heat. Add bell pepper, celery, garlic and onion, and cook, stirring, until tender. Add crawfish tails and cook 2 minutes. Stir in all other ingredients except half and half and simmer 5 minutes. Slowly pour in half and half and heat through, but do not boil. Serves 6.

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Crawfish Pizza

From Marcelle Bienvenu's "You're Invited" column
As seen in the April 2007 issue of Louisiana Cookin' magazine



Photograph by Mike Palumbo; Food styling by Eugenia Uhl.

Ingredients

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| 1 large pizza crust | 1 lb. peeled Louisiana crawfish tails |
| 2 tablespoons olive oil, in all | Salt and cayenne pepper, to taste |
| 1 1/2 c. tomato sauce or pre-made pizza sauce | 1/2 lb. freshly grated mozzarella cheese |
| 1/4 c. chopped green onions, green parts only | 1/2 c. freshly grated Parmesan cheese |
| | 1 tablespoon dried oregano leaves |

Chef's Note: You can purchase those pizza bread crusts on which to build your pizza in the bread department of many supermarkets. Some even already have cheese in the dough.

Preparation

Preheat the oven to 350°F. Line a baking sheet with parchment paper, or lightly oil the baking sheet. Place the pizza bread crust on the prepared pan, then spread it evenly with 1 tablespoon of the olive oil. Spread the tomato sauce evenly over the oil. Set aside. In a skillet over medium heat, heat the remaining tablespoon of olive oil. Add the green onions and the crawfish tails and season to taste with salt and cayenne. Cook, stirring, for about 2 minutes. Remove from the heat and cool. Spread the crawfish mixture over the tomato sauce, then top with the cheeses. Sprinkle with the oregano. Bake until the cheese melts and the sauce bubbles, about 20 minutes. Cut into wedges to serve. Serves about 4.

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