Cajun Crawfish Recipes
Microwave and Conventional
CAJUN CRAWFISH RECIPES

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Wanda H. Begnaud, R.D.
Deanie B. Stewart, Graduate Assistant
Nellie L. Derise, Ph.D., R.D.
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CRAWFISH PIE FILLING

1 1/2 pounds crawfish tails
1 stick margarine
1/3 cup flour
1 cup chopped onions
1/2 cup chopped bell pepper
1 chopped large garlic clove
1/2 cup chopped celery
1/2 cup + 2 tablespoons chopped green onion bottoms
3/4 cup green onion tops
1/4 cup + 2 tablespoons parsley
1/2 teaspoon salt
1/2 teaspoon cayenne pepper
1/2 teaspoon black pepper
1 tablespoon cornstarch
1 prebaked pie shell - 9 inch

Melt margarine and add flour, then brown lightly. Add garlic, onions, shallot bottoms, green pepper, celery and tomato sauce; cover, place on a low fire and fry vegetables for 45 minutes. Stir frequently to keep from sticking. Add 1 1/2 cups of warm water and simmer again for 1 1/2 hours, stirring to prevent sticking. Mixture should be creamy and thick when tails and fat are added. Add tails and fat, green onions and parsley along with the seasonings and saute about 4-5 minutes. Next dissolve the cornstarch in 1-2 tablespoons of water and combine in the crawfish mixture stirring until mixture thickens over medium heat for about 2 minutes. Remove from heat and allow to cool 45 minutes to 1 hour before pouring into prebaked pie shell.

Prebake pie shell. Preheat oven to 350° and bake for 10 minutes.

Crawfish pie can be frozen successfully for up to three months, without consistency change.

MICROWAVE CRAWFISH PIE FILLING

Utensils: 3 quart dish
Cooking times: Roux 8-10 min.; Filling 42 min.
Cooling 45-60 min.; Reheating 4-5 min.

1 stick margarine, melted
1/3 cup flour

Mix margarine and flour together in 3 quart dish, microwave on High 8-10 minutes until roux is medium brown, stirring every 1 - 1 1/2 minutes.

1 cup chopped onions
1 clove garlic, large and chopped
1/2 cup + 1 teaspoon chopped bell pepper
1/2 cup chopped celery
1/4 cup + 2 tablespoons green onion bottoms
4 1/2 teaspoons tomato sauce
1 cup warm water

Add vegetables and tomato sauce, mix thoroughly with roux. Microwave on High for 15 minutes, stirring every 2-3 minutes of cooking. Add water to the mixture, microwave on High for 20 minutes until vegetables are tender.

1 1/2 pounds crawfish tails
1 package crawfish fat
1/4 cup + 2 tablespoons parsley, chopped
3/4 cup green onion tops
1/2 teaspoon salt
1/2 teaspoon cayenne pepper
1/2 teaspoon black pepper

Mix in green onions, parsley, peeled crawfish, crawfish fat and seasonings in dish with roux and vegetables; microwave on High for 5 minutes.

1 tablespoon corn starch
2-3 tablespoons water

Dilute corn starch with water, combine with crawfish mixture. Microwave on High for 2 minutes.

(Thickening of Mixture) Allow mixture to cool for 45-60 minutes.

1 prebaked 9 inch pie shell

Pour crawfish into pie shell and reheat in microwave on High for 4-5 minutes. (until mixture bubbles)
CRAWFISH ETOUFFEE

1/4 cup cooking oil
1/4 cup flour
1 cup chopped onions
1/2 cup chopped bell pepper
2 tablespoons chopped parsley
1/2 cup green onions
1 pound crawfish tails
1 package crawfish fat
1 teaspoon salt
1/2 teaspoon cayenne pepper
1-1 1/2 cups hot water

Brown cooking oil and flour until the color is like a light brown roux. Add onions and bell peppers and saute until onions are clear. Lower fire to medium heat, add the crawfish fat and cook until the fat is dissolved well into the mixture. Then add the crawfish tails, lower fire to simmer and simmer for 10-15 minutes. Add parsley and green onions, salt and pepper. Pour in about 1/2 cup of water, mix well, allow to simmer for 5 minutes on low heat and stirring frequently while it simmers. Add the remaining 1/2 cup of water and allow for it to simmer again. (Add more water if mixture is too thick.) Add 1 tablespoon corn-starch diluted in 1-2 tablespoons water and add after last 1/2 water has simmered. Heat on medium fire until thickened.

The recipes for etouffee, stew and bisque/boulettes were successfully frozen for up to 6 months, using sealing freezer bags.

MICROWAVE CRAWFISH ETOUFFEE

Utensils: 3 quart dish
Cooking time: Roux 8-10 minutes
Sauce 30 minutes

1/4 cup cooking oil
1/4 cup flour

Mix oil and flour, microwave on High for 8-10 minutes in 3 quart dish, stirring every 1 - 1 1/2 minutes. (Medium brown roux)

1 cup chopped onions
1/2 cup chopped bell pepper
1 package crawfish fat

Add vegetables to roux, mix well and microwave on High for 10-12 minutes, until onions are clear, stirring every 1 1/2 - 2 minutes. Mix in crawfish fat, microwave on High for 2 minutes.

1 pound crawfish tails
2 tablespoons chopped parsley
1/2 cup green onions
1 teaspoon salt
1/2 teaspoon cayenne pepper
3/4 cup warm water

Add crawfish tails, parsley, green onions and seasonings; microwave on High for 5 minutes. Pour in 1/2 cup warm water, mix well, and microwave on High for 8-10 minutes. (Mixture should thicken) Add remaining water. Microwave on high for 3 minutes after mixing.

1 tablespoon corn starch
2-3 tablespoons water

Dilute corn starch in water, combine with crawfish mixture, mix well throughout and microwave on High for 1 - 1 1/2 minutes, until mixture thickens.

Serve over cooked rice.
CRAWFISH STEW

1 pound crawfish tails
1 package crawfish fat
1/3 cup flour
1/4 cup cooking oil
1 1/2 cups chopped onions
1/8 cup chopped green pepper
1/8 cup chopped celery
1 teaspoon salt
1/2 teaspoon cayenne pepper
2 tablespoons chopped parsley
1 1/2 cups warm water

Combine flour and oil and cook over heat stirring until roux becomes a medium brown color. Add the chopped onions, bell pepper and celery stirring until the oil rises from the mixture, about 15 minutes. Add the first 1 cup of warm water and simmer for 1 hour. Next add the crawfish, crawfish fat, seasonings and parsley and simmer for 20 minutes until crawfish water and curl up. Then add 1/2 cup more water and simmer for 5-10 more minutes. Add more water if the stew is too thick. (Note this recipe makes a thick stew.)

If uncooked crawfish meat is to be frozen, the authors recommend freezing tails separately from fat. Tails freeze best in water with 1 tablespoon lemon juice added for each pound of crawfish. Uncooked fat should not be frozen for any longer than 1 month.
MICROWAVE CRAWFISH STEW

Utensils: 3 quart dish
Cooking Time: Roux - 8-10 minutes
Vegetables - 5 minutes
Water simmered - 10 minutes
Crawfish/seasonings - 5 minutes
Simmer - 3 minutes

1/3 cup flour
1/4 cup cooking oil

Mix flour and oil together in a 3 quart dish, microwave on High for 8-10 minutes until roux is medium brown, stirring every 1-1/2 minutes.

1 1/2 cup chopped onions
1/8 cup chopped green pepper
1/8 cup chopped celery

Add vegetables and mix thoroughly with roux. Microwave on High for 5 minutes, stirring every 2-3 minutes, until fat rises from mix.

1 cup warm water

Add water to the mixture, microwave on High for 15 minutes, stirring every 2-3 minutes, until vegetables are tender.

1 teaspoon salt
1/4 teaspoon cayenne pepper
1 pound crawfish tails
1 package crawfish fat
2 tablespoons chopped parsley
1/2 cup warm water

Combine the seasonings, crawfish, crawfish fat and parsley with the roux and vegetable mixture, and microwave on High for 5 minutes until crawfish begin to water. Stir in the water and simmer with microwave on High for 5 minutes.

Add more water as needed to dilute the stew consistency. (This makes a very thick stew.)
CRAWFISH JAMBALAYA

1/2 cup butter, (1 stick)
1 cup long or medium grain rice, uncooked
1 cup chopped onions
1/2 cup chopped bell pepper
1/4 cup chopped parsley
1/2 cup green onion tops
1 teaspoon salt
1 teaspoon cayenne pepper
1 teaspoon worcestershire sauce
1 pound crawfish tails
1 package crawfish fat
2 cups boiling water

Melt butter in a pot, then add 1 cup rice and stir together. Continue stirring until rice and butter become a golden brown color (brown roux color). Combine the onions and bell pepper in with the rice and saute until the vegetables become limp. Next add the crawfish tails, seasonings and the fat, cook for 2-5 minutes on medium heat. Pour in the boiling water, green onions, parsley and worcestershire sauce and allow for it to come to a rolling boil, lower the heat and cover. Leave covered on a low fire for 20 minutes and cook until the rice is tender and flaky. Allow for the dish to stand in the pot for 5 minutes before serving (without heat).

Although jambalaya can be successfully frozen for up to six months, some flavor is loss during freezing. Jambalaya can be prepared from previously frozen crawfish tails.
MICROWAVE CRAWFISH JAMBALAYA

Utensils: 2 quart casserole dish with cover
Cooking time: Brown Rice - 6-8 minutes
Saute' - 5 minutes
Simmer - 3 minutes
Cooking Rice - 14-18 minutes

1/2 cup butter, melted
1 cup medium grain rice

Combine butter and rice in 2 quart dish and brown rice in microwave on High 6-8 minutes until rice is golden brown, stirring every 1-2 minutes.

1 cup chopped onions
1/2 cup chopped bell peppers
1 pound crawfish tails and fat
1 teaspoon salt
1 teaspoon cayenne

Combine onions and bell peppers with rice and saute' vegetables in microwave on High 5 minutes until onions are limp, stirring every 1 1/2 - 2 minutes. Add seasonings, crawfish tails and fat to the mixture and microwave on High for 3 minutes until crawfish begins to lose its water and curl-up.

1 1/2 cups boiling water
1 teaspoon worcestershiresauce
1/4 cup chopped parsley
1/2 cup green onion tops

Pour in boiling water and seasoning, mix well and microwave covered on level 3 for 14-18 minutes until rice is tender or flaky. Allow to stand 5 minutes before serving.
CRAWFISH STUFFED PEPPERS

3 tablespoons butter
3/4 cup chopped onions
1/2 cup chopped celery
1 package crawfish fat
2 tablespoons chopped green onion
2 tablespoons chopped parsley
1 1/2 cups Progresso Italian seasoned bread crumbs
1 pound crawfish tails
1 teaspoon salt
1/2 teaspoon cayenne pepper
2-3 large bell peppers

Heat margarine and crawfish fat in a pot. Add onions and celery, stir until vegetables are limp. Add crawfish and seasonings, allow to saute until the crawfish tails lose their water and curl up, about 15 minutes. Remove from heat, add 1 cup bread crumbs, parsley and green onions and mix thoroughly. Cut the bell peppers into 6th's and stuff with the filling; pack well. Coat the tops with bread crumbs and place in a baking tray. Bake in a 450° F oven for 20 minutes. During the last two minutes of baking, place the peppers under the broiler to finish browning the tops of the peppers. Before baking, pour 1/2 cup hot water into the tray with the peppers. Yields 16-20 6ths.

Stuffed peppers can be successfully frozen for up to 6 months. Microwaving is the preferred method for reheating. Conventional oven reheating may cause drying.
MICROWAVE CRAWFISH STUFFED PEPPERS

Utensils: pyrex baking dish
2 quart bowl for sauteing

Cooking time: Saute - 5 minutes
Crawfish - 7 minutes
Peppers - 7 minutes

3 tablespoons butter, melted
1 package crawfish fat
3/4 cup chopped onions
1/2 cup chopped celery

Combine butter, crawfish fat and vegetables. Microwave on High for 5-7 minutes until vegetables are limp, stirring every 1-2 minutes.

1 pound crawfish tails
1 teaspoon salt
1/2 teaspoon cayenne

Add crawfish and seasonings and mix well. Microwave on High for 7 minutes, stirring every 1-2 minutes.

2 tablespoons chopped onions
2 tablespoons chopped parsley
1 cup Progresso Bread Crumbs (Italian seasoned)

Pour into bowl the remaining ingredients, mix well.

2 or 3 large bell peppers
1/2 cup Progresso Bread Crumbs (Italian Seasoned)

Cut pepper into 6th's and stuff packing well the 16-20 peppers with the filling and coat the tops with bread crumbs. Place in the baking dish. Microwave on High for 5-7 minutes turning dish 1 or 2 times for even cooking. For softer peppers Microwave on High for 3-5 minutes longer.
CRAWFISH BISQUE

1/4 cup + 2 tablespoons flour
1/2 cup cooking oil
1 clove garlic, chopped
1 cup chopped onions
1/4 cup chopped bell pepper
1/2 cup chopped celery
1 tablespoon tomato paste
1/2 pound crawfish tails
3 cups hot water
1 teaspoon salt
1/2 teaspoon cayenne pepper
1/4 cup onion tops
2 tablespoons parsley, chopped

Make a roux with oil and flour. When the roux is browned to a medium to dark brown, add vegetables and tomato paste. When the vegetables are limp, add the crawfish tails and water. Simmer for 10-15 minutes and add seasonings. When the stew is of the consistency of a thick soup, add onion tops, parsley, and baked boulettes. Heat for 5-10 minutes. Serve over cooked rice in gumbo bowls.

The style of this bisque recipe has the consistency of a stew. A true bisque consistency can be achieved by adding water, as desired.

Stuffed crawfish heads can be frozen separately or in combination with the sauce.
MICROWAVE CRAWFISH BISQUE

1/4 cup and 2 tablespoons flour
1/2 cup cooking oil

Mix oil and flour together in a 2 quart dish. Microwave on High for 8-10 minutes until roux is a dark brown, stirring every 1-1 1/2 minutes.

1 clove garlic, chopped
1 cup chopped onion
1/4 cup chopped bell pepper
1/2 cup chopped celery
1 tablespoon tomato paste

Add vegetables and tomato paste and mix well. Microwave on High for 5 minutes, stirring every 2 minutes, until vegetables are limp.

1/2 pound crawfish tails
1/2 package fat
3 cups water, boiling

Next add water, crawfish tails and fat and mix well into mixture. Microwave on High for 10 minutes stirring every 1-2 minutes.

1 teaspoon salt
1/2 teaspoon cayenne pepper
1/4 cup onion tops
1 recipe Boulettes

When the mixture is a constistency of thick soup, add onion tops, parsley, seasonings, Boulettes, mix well. Microwave on High for 2-3 minutes.

Serve over rice in gumbo bowls.
CRAWFISH BISQUE

1/4 cup + 2 tablespoons flour
1/2 cup cooking oil
1 clove garlic, chopped
1 cup chopped onions
1/4 cup chopped bell pepper
1/2 cup chopped celery
1 tablespoon tomato paste
1/2 pound crawfish tails
3 cups hot water
1 teaspoon salt
1/2 teaspoon cayenne pepper
1/4 cup onion tops
2 tablespoons parsley, chopped

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1/2 cup cooking oil

Mix oil and flour together in a 2 quart dish. Microwave on High for 8-10 minutes until roux is a dark brown, stirring every 1-1½ minutes.

1 clove garlic, chopped  
1 cup chopped onion  
1/4 cup chopped bell pepper  
1/2 cup chopped celery  
1 tablespoon tomato paste

Add vegetables and tomato paste and mix well. Microwave on High for 5 minutes, stirring every 2 minutes, until vegetables are limp.

1/2 pound crawfish tails  
1/2 package fat  
3 cups water, boiling

Next add water, crawfish tails and fat and mix well into mixture. Microwave on High for 10 minutes stirring every 1-2 minutes.

1 teaspoon salt  
1/2 teaspoon cayenne pepper  
1/4 cup onion tops  
1 recipe Boulettes

When the mixture is a consistency of thick soup, add onion tops, parsley, seasonings, Boulettes, mix well. Microwave on High for 2-3 minutes.

Serve over rice in gumbo bowls.
CRAWFISH BOULETTES

1 1/2 tablespoons margarine, melted
1/2 cup chopped onions
1/2 cup chopped celery
1/4 cup chopped bell pepper
2 tablespoons chopped parsley
1 pound ground crawfish tails
1/4 cup green onions
1 egg, beaten
1 cup Progresso Italian seasoned bread crumbs
1/2 teaspoons salt
1/2 cayenne pepper

Saute onion, celery and green pepper in margarine until light brown, and the vegetables are limp. Add the ground crawfish, parsley, green onions, egg, bread crumbs and seasonings to the vegetable mixture. Stir the mixture until it is like a meatball consistency. Roll into bite size oblong shapes to resemble crawfish heads. Yields 24-36 balls. Bake in a 350° oven for 20-25 minutes. Hold until ready to add to the Bisque.

Boulettes can be used as a substitute for stuffed crawfish head in bisque.

This recipe froze well up to 6 months. When reheating in bisque sauce, care must be taken to avoid breaking up boulettes while stirring. Reheating should be done at a very low temperature for minimum stirring.
MICROWAVE CRAWFISH BOULETTES

Utensils: 1-2 quart bowl
Cooking time: Saute vegetables: 10 minutes
Bake: 5 minutes

1 1/2 teaspoon margarine, melted
1/2 cup chopped onions
1/2 cup chopped celery
1/4 cup chopped bell peppers

Combine margarine and vegetables in bowl and microwave on High for 10 minutes until vegetables are limp, stirring every 1-2 minutes.

2 tablespoons chopped parsley
1/4 cup chopped green onions
1 egg, beaten
1 pound ground crawfish tails
1 cup Progresso bread crumbs (Italian seasoned)
1/2 teaspoon salt
1/2 teaspoon cayenne

Add ingredients to the sauteed vegetables and mix well. Roll into bite size oblong shapes to resemble stuffed crawfish heads. Yields 24-36. Microwave rolled balls on High for 5 minutes.

Hold until ready to add to bisque.

Crawfish are in season from November through July. Peak production, when prices are lowest is March through July.
BOILED CRAWFISH

2 pounds crawfish, live
2 cups water
3 teaspoons salt
2 teaspoons cayenne

Place the 2 cups of water in a pot with a lid, bring water to a boil. Add the seasonings and crawfish; cover and return to a boil. When water begins to boil stir crawfish well and boil covered for 5 minutes. Drain water, add 1 teaspoon salt and allow to sit in the pot for 5 minutes.

For boiling large amounts of crawfish, onion, potatoes, corn and lemon wedges can be added. The vegetables should be thoroughly cooked before adding crawfish. Season to taste!

Leftover boiled crawfish can be used to prepare all of the recipes in this book. Seasoning may need to be adjusted.

When crawfish fat is not available, crawfish can be sauteed in butter and used in any crawfish dish.
MICROWAVE BOILED CRAWFISH

Utensils: large 2 quart bowl with Saran
Cooking time: 12 1/2 minutes

1 cup Hot water

Pour water into bowl and microwave on High for 2 1/2 minutes.

3 teaspoons salt
2 teaspoons cayenne
2 pounds live crawfish

When water is heated, pour in seasonings and crawfish, cover with Saran; microwave on High for 10 minutes, stirring every 3 minutes.

1 teaspoon salt

After the 10 minutes are over, drain the water, sprinkle with salt, cover bowl and allow to sit for 5 minutes.

In the deep south, crawfish are prepared fried, boiled, steamed, in casserole, quiches, pizza, souffles, omelettes, in white sauce over toast or noodles, fettucini, and gumbo.

A little imagination + crawfish = Bon Appetit!
Appreciation is also expressed to the following businesses for their crawfish donations.

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