**Crawfish Etouffee**

**Ingredients**
- 1 1/2 lbs. butter
- 1 1/2 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 1/2 c. chopped green onions
- 2 t. Kitchen Bouquet
- 3 c. cooked rice

**Preparation**
In a large, heavy pot, melt butter and saute 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.

**Boiled Crawfish**

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

**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 southern 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 tail meat 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.

Ingredients

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

Preparation

In a medium sauce pan, heat butter over medium-high heat. Add bell pepper, celery, garlic and onion, and cook, stirring, until tender. Add crawfish 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.