

Darlene's Recipes

Crawfish Etouffee' By Darlene Bolfa



Yum Yum

Crawfish Etouffee: (Shrimp may be substituted)

Serves 4 to 5 People

Ingredients:

1 Lb peeled Louisiana Crawfish

1 large diced onion

1 small diced bell pepper

1 clove of garlic diced

1 cup butter

4 oz tomato sauce (about 1/2 sm can)

Cream of Mushroom Soup

Green Onions

Parsley

salt, red pepper, black Pepper (a pinch of each)

Now for the How to:

I use magnalite pots, they are heavy and the food tends not to burn as easily. great for making any dish.

add butter and melt

add diced Onions, bell pepper, garlic

saut'e on med heat till onions are clear

add tomato sauce and 2 cups water, seasion to taste

add 1/2 can cream of Mushroom and wisk well

add Crawfish cook on med to boiling about 20 min

add a little green onion and parsley.

serve over white rice

potato salad is a great side dish

my favorite side is garden fresh sliced Tomatoes with salt and black pepper

and sliced Bread with butter.

Here in La. we make whats called a suitcase it sliced bread folded in half and filled with the Crawfish Etouffee.

but it can be filled with anything like fig preserves or canned pears or any rice and gravy we are eating give it a try next time your eating your sure to say i sure love my suitcase. lol