



Boiled Crawfish

PREP TIME: 2 Hours

SERVES: 12

INGREDIENTS:

30 quarts cold water
12 medium onions, quartered
6 heads of garlic, split in half exposing pods
6 lemons, quartered
1 cup cooking oil
4 pounds salt
1/2 pounds cayenne pepper
4 (3-ounce) bags Zatarain's crab boil
6 tbsp celery salt
24 medium red potatoes
12 ears of corn
50 pounds cleaned crawfish



METHOD:

Live crawfish may be purchased already washed from your seafood supplier. However, a second rinsing in cold water would not hurt. The purging of crawfish, or washing the crawfish in cold salted water, has been found to be useless other than to place the crustacean under unnecessary stress. So forget the purging - rinsing in cold water will suffice. In a 60-quart stock pot, bring water to a rolling boil. Add onions, garlic, lemons, cooking oil, salt, pepper, Zatarain's crab boil and continue to boil for 30 minutes. This boiling of the vegetables will ensure a good flavor in the boiling liquid. Add red potatoes and cook approximately 10-12 minutes. Add corn and cook 10 minutes before adding the crawfish. Once the water returns to a boil, cook crawfish 7-10 minutes, turn off heat and allow to set in boiling liquid 12 additional minutes.



Red Beans and Rice

1 lb. dried red beans plus 32 oz water and beef stock (or 3 cans of Bush's red beans)

1/2 lb andouille: half chopped, half sliced

1 cup chopped onion

1/2 cup chopped bell pepper

1/2 cup chopped celery

2 minced garlic cloves

3 tsp seasoning

2 tbsp chopped fresh parsley

1/4 cup chopped green onions

8 cups cooked rice



Combine red beans and beef stock in 8-10 quart pot. Bring to a boil. Mash some beans to create thicker sauce

Slice sausage. Heat skillet and brown sausage. Drain on paper towels.

In a small amount of vegetable oil cook onion, bell pepper, and celery until it softens, then cook 1/3 of the other vegetables, adding all of the garlic last.

Add sausage and remaining ingredients to red beans, except a portion of the green onions and parsley that will be garnish. Reduce heat to medium and simmer beans for one hour. Make sure all of the water does not evaporate while simmering.

Mix-in 1/3 of the green onions and parsley. Complete cooking. Add green onions and parsley as a garnish.

Serve over rice

Yields 8 servings



Crawfish Étouffée

SERVES: 6

2 pounds cleaned, rinsed crawfish tails

1/4 pound butter

1 cup onion, chopped

1/2 cup celery, minced or finely chopped

1/2 cup green bell pepper, chopped

1/2 cup red bell pepper, chopped

1/2 cup tomatoes, diced

1/2 cup tomato sauce

2 tbsp garlic, minced

2 bay leaves

1 cup all purpose flour

2 quarts water

2 tbsp cooking sherry

1 cup green onions, chopped

1/2 cup parsley, chopped

1/4 tsp thyme

1 tbsp lemon juice

seasoning blend, to taste

1 dash Tabasco Sauce

2 cups white rice, steamed



In a 2-gallon stock pot, melt butter over medium heat. Add onion, celery, bell peppers and one-half of the parsley and green onion, then sauté until vegetables are wilted, approximately 3-5 minutes. Then add diced tomatoes, garlic, thyme, and bay leaves. Using a wire whip, blend flour into the vegetable mixture to form a white roux, slowly adding oil, a little at a time, until the desired consistency is achieved. Stir completely. Add crawfish tails, and tomato sauce and blend well into mixture. Continue adding more water as necessary to retain consistency. Bring to a rolling boil, reduce to simmer and cook 30 minutes, stirring occasionally, adding the lemon juice. Add cooking sherry and the remaining green onions and parsley and cook on low heat an additional 5 minutes.

Season to taste using salt and cayenne pepper. Serve over boiled white rice.



Shrimp Gumbo

3 tbsp flour
5 tbsp butter
4 lbs peeled shrimp
2 tsp seasonings
4 cloves garlic, minced
2 large onions, chopped
3/4 cup finely chopped celery
1 finely chopped bell pepper
2 bay leaves
1 1/2 tsp fresh thyme
3 lb sliced okra
4 cups diced tomatoes
1/2 tsp filé
Water, to desired consistency

Serve over steamed rice
garnish with chopped green onion



Make a brown roux with the butter and flour, and set it aside. Sauté onions, celery and bell pepper in butter until wilted. Add tomatoes and half the okra and cook for 30 minutes. Add seasoning, the remaining okra, thyme, bay leaf and garlic. Bring to boil then let simmer for 45 minutes, adding water to desired consistency. Add shrimp in the last 10-12 minutes of cooking along with file.

Serves 8

Secrets

Let cool to room temp before refrigerating. Use only fresh ingredients including fresh spices. Use heritage varieties of vegetables. Adjust filé and bay leaves to taste, as these ingredients' taste vary widely. Stir very often, cook slowly over low heat. Add ingredients only a little at time and sprinkle or distribute them in the pot. Never pour ingredients in one spot-- not even water.



Jambalaya

1/2 cup chopped onion
1/2 cup chopped green pepper
1 clove garlic, minced
2 tbsp butter, melted
2 tbsp all purpose flour
2 1/2 cups water
1/2 cup dry white wine
2 tbsp chopped fresh parsley
1 bay leaf
3/4 tsp fresh thyme leaves, finely chopped
2 tsp seasonings
5 cups diced tomatoes
2 cups uncooked rice
1 lb andouille, sliced
4 chicken breasts cut into bite-sized pieces
1/2 lb peeled shrimp



Make dark roux and set aside.

Cook andouille and chicken and set aside.

Sauté onion, pepper in butter in large kettle until tender. Add water, herbs, and spices until blended; then add garlic and tomato. Cook until hot and add rice.

Add remaining ingredients except shrimp. Bring to a boil, stirring. Cover and simmer 25 minutes, stirring. Add shrimp and simmer 10 minutes or until shrimp are fully cooked.

Yields 12-14 servings



Crawfish Pie

- 4 tablespoons butter
- 1 tbsp tomato paste
- 1/4 cup diced tomatoes
- 1/2 cup parsley, chopped
- 1 cup onion, minced
- 3/4 cup scallions, minced
- 1/2 cup celery, minced
- 1/4 cup red bell pepper, minced
- 1/4 cup green bell pepper, minced
- 1 tablespoon Creole seasonings
- 2 tablespoons flour
- 1 (to 1-1/2) pounds cooked crawfish tail meat (from 8-10 pounds live crawfish), or processed crawfish tail meat (about 3 cups)
- 1/2 teaspoon hot pepper sauce
- 3 cloves garlic, minced
- One 9-inch piecrust buttered



Method: Heat oven to 350°F and bake the pie crust (lined with parchment paper or foil and pie weights) for 8-10 minutes until light golden brown. Let cool, then increase oven temperature to 375°F.

Boil crawfish in unseasoned water. Melt butter in a large skillet.

Sauté onions, celery, bell pepper, Creole seasoning over medium heat. Stir occasionally until vegetables begin to wilt, about four minutes. Add flour and mix well; cook 1-2 minutes to remove floury starchy taste. Remove from heat and stir in the crawfish. Add garlic and tomato paste, return to the heat, and cook for 2 minutes. Add the hot sauce, parsley and scallions and cook 2 minutes more.

Scoop into piecrust sections, fold-over and pierce top to vent steam. Brush the crimped edge of the dough with a little olive oil. Bake at 375 degrees for 20-25 minutes, or until the crust is lightly browned.



Redfish Courtbouillon

10 lb redfish, cut in 2 inch cross sections
3/4 cup olive oil
3/4 cup flour
6 oz tomato paste
1 cup cooking claret
2 lemons, sliced
4 garlic cloves, minced
1 rib celery, finely chopped
3 bay leaves
1/2 tsp thyme
1/2 tsp ground allspice
1 small green pepper, chopped
1/2 onion, chopped
1/4 lb fresh mushrooms, sliced
1/2 cup chopped parsley
1/2 tsp Creole seasoning
2 1/2 qts water

rice



Method: Make a dark roux with the oil and flour. Add tomatoes and cook thoroughly. Add water and cooking claret. Add all other ingredients except the fish and simmer for 45 minutes.

Rub the fish with seasoning, add to the pot, and cook on low heat for 20 minutes.

Serve over rice with parsley garnish.

Serves 12-16



Fried Oysters

SERVES: 6

18 oysters

2 cups corn flour

1/2 cup corn meal

1/4 cup wheat flour

1/2 tbsp garlic powder

1/2 tsp black pepper

1/4 tsp cayenne pepper

1/2 tsp salt



Prepare batter of meal, flour, and spices. Corn flour works better than coarse corn meal due to speed of cooking; oysters cook quickly.

Rinse oysters in cold water, inspecting for shell fragments or sand. Roll in batter and drop in 260-350 degree oil. Do not over-cook.

Accompany with chili sauce, tartar sauce, Tabasco sauce, and lemon wedge.