

SYSCO Metro NY

Crawfish and Shrimp Etouffee

Ingredients:

SUPC#

9920000	Spanish onion, diced	1 #
	Celery, diced	1 #
	Green pepper, diced	1 #
5061643	Vegetable oil	12 oz
5199401	AP flour	12 oz
5228374	Bay leaves	4 ea
5913504	Thyme	1 oz
4944674	Fish base, reconstituted	3 qt
5229224	Hungarian paprika, hot	3 oz
2252047	Lemons, juice only	3 ea
7350788	Scallions, shredded	2 bu
5926910	Whole butter	1 #
2246528	31/40 shrimp, P & D	2.5 #
7829278	Crawfish tails with fat	2 #
5229414	Crushed red pepper	to taste
5229323	Black pepper	to taste
5229455	White pepper	to taste
5229398	Cayenne pepper	to taste
5250709	Kosher salt	to taste

Method:

1. In a heavy, wide stockpot (a Dutch-oven works well), heat the oil over medium-high heat. Add half of the celery and green peppers.
2. Cook, stirring frequently, until golden.
3. Add the flour to make a roux. Cook the roux, stirring constantly with a long handled whisk, until it begins to turn evenly golden brown.
4. Add half of the onions.
5. Continue cooking the roux until it is dark reddish-brown; add the bay leaves and the thyme.
6. Add the stock in stages, whisking constantly to prevent lumps.
7. Bring to a boil and skim the scum. Reduce to a simmer and cook for about 30 minutes.
8. Add the remaining vegetables and return to a simmer until the second addition is tender.
8. Add the seasonings and the seafood.
9. Remove from heat; add the butter and the scallions.
10. Adjust the seasonings if necessary and serve over dirty rice.

Serves 20.