



Louisiana cookin'

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Authentic Recipes ~ Tasty Travels ~ Unique Culture

How To Peel Crawfish



1

Pick a nice crawfish with a big tail (that's where all of the meat is!)



2

Hold the body and grab the tail.



3

Twist the tail to loosen it from the body.



4

Pull the tail away from the body.



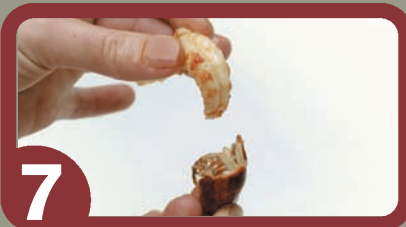
5

Pinch the tail just above the fans.



6

This makes the meat pop out from the shell.



7

Pull the tail meat out and enjoy.



8

Suck the head if you want—the spicy juices are great. Or, for the true die-hard, stick your pinkie in the body and scoop out the fat.



9

Tasty crawfish fat to be licked off the pinkie. Mmm good.

Old Time Crawfish Étouffée

Frog City Café, Rayne, LA

Chef Roy Lyons

MAKES 4 SERVINGS.

- 1/2 stick of butter
- 2 cups diced onions
- 1 cup diced bell pepper
- 1/2 cup diced celery
- 1 tablespoon minced garlic
- 3 tablespoons Louisiana seafood seasoning mix
- 1 pound Louisiana crawfish tails, cooked and peeled
- 3 tablespoons all-purpose flour
- 1 can RO*TEL® tomatoes (10 ounces)
- 4 cups stock, crawfish or chicken
- Cooked rice

Melt butter in a medium-sized pot. Add onion, bell pepper, celery, garlic and seasoning mix. Sauté until chopped ingredients are soft, about 15 minutes. Add crawfish and cook an additional 10 minutes. Add the flour and cook for 2 or 3 minutes. Add Rotel tomatoes and stock. Simmer for about 30 minutes. Serve over hot, cooked rice.

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