

PETER W. PATOUT



Crawfish Étouffée

A Recipe from Barbara Roane Patout (1922-2008), Peter Patout's Mother

Simple, quick and incredibly delicious!

Yield: 3 servings

My dear mother had deep Louisiana roots; her ancestors were among the first settlers in the state over 300 years ago. She was an extraordinary cook who brought forth her ancestors culture in mastering the finest Creole cuisine where she lived along the Bayou Teche in South Louisiana. Her crawfish étouffée recipe is the simplest and most basic étouffée recipe that she shared with her friends and family as she was always conscious of quality and knew it's delicious and easy to recreate. There's no flour or roux involved so this just happens to be gluten-free in case you or a loved one are looking for those type recipes.

As we do now, she looked forward to crawfish season and served it with love. I am happy to do the same.

Enjoy!

Peter W. Patout

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Ingredients:

1 -pound peeled crawfish tails with fat (if possible)

1/2 to 1 stick of butter

1-cup green part of shallots + 2-tbs chopped white part of shallots

1/3 medium yellow onion, chopped

½ medium green bell pepper, chopped (Mama never added bell pepper, but I do!)

Salt and red pepper to taste

2 cups uncooked rice

1 bunch of fresh parsley, chopped.

Directions:

Sauté white part of shallots, chopped onion and bell pepper in butter for 5 minutes.

Add green parts and sauté.

Add crawfish tails & fat and simmer 3 minutes, keep cover on pot.

Add salt and red pepper, keep cover on pot.

Simmer 3 more minutes.

Turn off fire and add chopped parsley.

Serve over steamed rice, and a dash or two of Tabasco Sauce never hurt.