
Crawfish Etoufee

*Chef Frank Cappalino - Marina Jack II Restaurant - Sarasota, FL
Sarasota's Chef Du Jour - 1992*

Servings: 4

1 medium white onion, diced small
3 sticks celery, diced small
1 clove garlic, chopped fine
1/4 cup brandy
1/2 cup white wine
1 to 1-1/2 cups chicken stock
2 tablespoons paprika
1/4 cup Dijon mustard
1 tablespoon tomato paste
cayenne pepper (to taste)
2 tablespoons chopped parsley
1 tablespoon green peppercorns
12 ounces crawfish tails, cooked

In a skillet, saute' the onion, garlic and celery in butter for 3 minutes. Add the brandy and white wine. Bring to a boil. Strain. Set aside.

Add the liquid to the chicken stock with the paprika, mustard and tomato paste. Thicken with a roux to the consistency of heavy cream.

Add cayenne pepper to taste. Add the crawfish, vegetables, parsley and peppercorns. Stir and simmer for 5 to 10 minutes.

Serve with white rice.

Seafood

Per Serving (excluding unknown items): 113 Calories; 1g Fat (19.0% calories from fat); 3g Protein; 11g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 790mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fat; 0 Other Carbohydrates.