

Crawfish Etoufee

Amount	Measure	Ingredient -- Preparation Method
1/2	Cup	Olive oil
2	Tbsp	Garlic - finely diced
1/2	Tsp	Tabasco sauce
1/2	Tsp	Basil
1/4	Tsp	Thyme
1		Bay leaf
2	Shots	Bourbon (optional but highly recommended...)
3	Total	Green/Red/Yellow bell peppers -- chopped
4	Ribs	Celery -- chopped
1	Large	Onion -- chopped
3	Cans	Cream Of Mushroom Soup -- 10 3/4 Oz Each
1-2	Pound	Crawfish tails or shrimp -- precooked
2	Cans	Diced Tomatoes With Green Chiles -- 10 Oz Ea
2	Cups	Uncooked, unrinsed long grain brown rice
1/2	Cup	Green onions - finely chopped

Etoufee: In large pot saute the garlic in the olive oil until light brown but do not overcook. Then add peppers, celery, and onion in the olive oil.

Add tomatoes and their liquid, the Tabasco (be careful here...a little goes a long way) and stir to blend completely.

Add the soup and cook over low heat, stirring occasionally, 20 to 30 minutes.

Add the crawfish tails/shrimp and one shot of bourbon to the mix, and cook 30 minutes more over low heat. The second shot should be downed by the cook for a job well done...

Rice: In a large saucepan mix the rice with 4 cups of water and ½ teaspoon of salt. Bring to a boil then reduce heat to low and simmer covered for 45 minutes or until all the water is absorbed. Do not stir the rice while cooking.

Serve the Etoufee over a scoop of rice in individual serving bowls garnished with the green onions. Add some warm French bread, a good bottle of wine and you have the makings of a pretty decent meal☺

Makes about 6 servings.

This Gulf Coast specialty is a combination of a recipe from a good friend and great cook, Melanie Hensgens, and several others, including one from Green Bay Packers quarterback Brett Favre. The bourbon was strictly my idea...

Joseph DiMatteo