

Crawfish Etouffee



1 sweet pepper
1 onion
½ bunch celery
¼ cup Magic Seasoning
½ cup Old Bay seasoning
⅛ cup Frank's hot sauce
¼ cup Worcestershire sauce
4-5 tablespoons flour
2 cups chicken stock
16 ounces crawfish meat
4 servings white rice

How to Prepare:

To prepare sauce, heat large pot until very hot. Add sweet peppers, onions, and roughly chopped celery to pot. Add magic seasoning and Old Bay and continue to cook over high heat for 2-3 minutes. Add Frank's hot sauce and Worcestershire sauce and continue cooking for another 2-3 minutes. Add flour and cook until deep golden brown. Reduce heat to medium low and add 2 cups of chicken stock at a time until desired consistency is reached. In new pan on high heat, add sauce and crawfish and bring to a boil. Pour over cooked rice and serve.

Yield: 4 servings



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DOWNTOWN

NORFOLK RESTAURANT WEEK JANUARY 22-29, 2012

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