

Peel and devein the shrimp. In a large sauce pan, combine shrimp shells with 4 cups water, bring to a boil and reduce to a simmer. Separately, heat butter in a large, heavy-bottomed pan. Add flour, onions, peppers and celery and cook, stirring, until the vegetables are tender and the flour has turned golden to dark brown. Strain shrimp shells from stock and add the liquid to the vegetable/flour mixture. Add parsley, bay leaves, hot sauce, cayenne and salt. Bring to a boil, reduce to a simmer and cook until thickened – about 6 minutes. Add crawfish and simmer for another 5 minutes. Taste to verify seasonings. Serve over grits, rice or dirty rice.



MARIE LAVEAU'S SHRIMP AND CRAWFISH ÉTOUFFÉE

SERVES 4-6

- 2 pounds raw shrimp, 26-30 per pound count**
- 4 cups water**
- 4 tablespoons butter**
- 8 tablespoons flour**
- 2 cups yellow onions, chopped medium-fine**
- 1 cup chopped green onion**
- ½ red bell pepper and ½ green bell pepper, chopped into a medium dice**
- 1 cup celery, chopped fine**
- ½ cup freshly chopped parsley**
- 2 bay leaves**
- 1 tablespoon hot sauce**
- Pinch cayenne pepper**
- 1 teaspoon salt**
- 1 pound crawfish tail meat, raw**

May/June 2007
www.lowcountrylivingmagazine.com

PROVIDED BY *Lowcountry*
Living

cut along dotted line & fold

