

Chef John Reason's Crawfish Etouffee

COURTESY OF JOHN REASON, CONSULTANT CHEF DELCAMBRE MARKET HEALTH & WELLNESS

INGREDIENTS

- 1 lb Louisiana crawfish tailmeat
- 1 stick of butter
- 1 c onion, diced small
- ½ c bell pepper, diced small
- ½ c celery, diced small
- 1 Tbsp garlic, minced
- ½ c all purpose flour
- 1 tsp paprika
- ¼ tsp thyme
- 1 bay leaf
- 2 tsp Cajun Maispalm seasoning
- 2 c seafood stock, or water
- ¼ c green onion, chopped
- 4 c cooked rice

DIRECTIONS

1. In a medium cast iron dutch oven, melt butter over medium heat. Saute onion, bell pepper & celery for 8-10 minutes until soft.
2. Once tender, add garlic, flour and paprika and form a red roux.
3. Add thyme, bay leaf, Cajun Maispalm seasoning and allow to cook another 8-10 minutes to develop flavor.
4. Pour in stock (or water) and allow to come back to a simmer. Simmer for 10-20 minutes for Roux to cook.
5. Once sauce simmers to desired flavor, add crawfish tails and green onion, and simmer for another 5-10 minutes.
6. Adjust seasoning as needed. Serve over rice.



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HEALTHY SWAPS

- **Lower fat:** Substitute 4 Tbsp of olive oil for butter. 498 calories. 13g fat (2g saturated fat, 1mg cholesterol.) 671mg sodium. 64g carbohydrates (3g fiber, 4g sugar.) 30g protein.
- **Lower carbohydrates:** Substitute 2 scoops (6 Tbsp) whey protein powder for flour. Use cauliflower rice. 455 calories. 26g fat (15g saturated fat, 65mg cholesterol.) 962mg sodium. 19g carbohydrates (4g fiber, 6g sugar.) 39g protein.
- **Lower sodium:** Use unsalted butter. Substitute water for seafood stock. Use salt-free Cajun seasoning. 592 calories. 25g fat (15g saturated fat, 61mg cholesterol.) 236mg sodium. 64g carbohydrates (3g fiber, 4g sugar.) 30g protein.
- **Dairy-free:** Substitute olive oil or avocado oil for butter. 645 calories. 30g fat (4g saturated fat, 1 mg cholesterol.) 672mg sodium. 64g carbohydrates (3g fiber, 4g sugar.) 30g protein.
- **Gluten-free:** Recipe is gluten-free as is.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	4 servings per container	Total Fat 26g	33%	Total Carbohydrate 64g
Serving size 2.5 Cups	Saturated Fat 15g	75%	Dietary Fiber 3g	11%
Calories per serving	Trans Fat 0g		Total Sugars 4g	
	Cholesterol 60mg	20%	Includes 0g Added Sugars	0%
610	Sodium 850mg	37%	Protein 30g	60%
	Vitamin D 0mcg	0%	Calcium 54mg	4%
	Potassium 429mg	10%	Iron 3mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.