



Crawfish Stew Recipe

Ingredients

2 Lbs Louisiana crawfish tails
6 boiled eggs
6 golden potatoes peeled and cubed
3/4 cup of oil
1 cup of All-Purpose flour
1 large yellow onion
1 green bell pepper
2 sticks of celery
1 bunch of green onions
2Tbsp Minced Garlic
Salt only if it needs it
1 tbsp Cajun Seasoning
1 tbsp garlic powder
1 tbsp parsley flakes
1qt seafood stock
3 cups of Water

Directions

Get water boiling and drop in 6 eggs. Once done, peel and set aside. Cut up all your veggies. In a large pot, add oil and flour to make a roux. Stir constantly until it reaches a dark chocolate color. Add onions, bell pepper, green onions, and celery. Cook down for 10-15 minutes, then add garlic. Pour in 4 cups of hot water to protect the roux. Raise the heat and bring to a boil. Once boiling, add 2 more cups of hot water. Add Cajun seasoning, garlic powder, parsley flakes, and salt if needed. Once boiling again, lower to a simmer for 1 hour. Stir occasionally. Add eggs and potatoes. Simmer for 30 minutes. Add crawfish tails and 1 cup of hot water. Simmer for another 30 minutes. Taste and adjust seasoning. Serve over rice.