



Easy Crawfish Cream Sauce



Ingredients:

- 3 TBLs unsalted butter
- ½ medium yellow onion, diced
- 1 green bell pepper, diced
- 1 stalk celery, finely diced
- 1 TBL garlic paste
- 1 TBL tomato paste
- 2 TBLs all-purpose flour
- 1 (10-ounce) can Rotel fire-roasted diced tomatoes & green chilies
- 1 TBL Creole Cajun Seasoning, homemade or store bought
- 1 TBL Steen's pure cane syrup (or dark corn syrup as sub)
- 2 tsps Worcestershire sauce
- 1 ½ cups seafood stock
- ½ cup heavy whipping cream
- 1 lb. cleaned Louisiana crawfish tail meat
- Fresh chopped parsley, for garnish - optional

Method:

1. In a large skillet over medium heat, add the butter. When melted, add the onion, bell pepper, and celery and sauté until tender and golden brown, about 5-6 minutes. Then stir in the garlic and tomato paste cook until the paste dissolves and is fragrant, about 1 minute.
2. Sprinkle the flour over the veggies and stir to combine, stirring well until the flour dissipates, about 1-2 minutes. Then add the can of diced tomatoes, Cajun seasoning, syrup, and Worcestershire sauce- stirring well to fully combine. Gradually stir in the stock until combined. Let the stock simmer for 1-2 minutes. Then add the heavy cream and crawfish tail meat and stir well to thoroughly combine.
3. Reduce the heat to low and cover the skillet. Let the sauce cook until the crawfish cream sauce is smooth and has thickened a bit, about 10-15 minutes.
4. Stir in the chopped parsley and continue cooking for another 1-2 minutes for the flavors to meld. Taste the cream sauce and add more Cajun seasoning as to your desired taste.
5. Serve the sauce with rice, on top of grits, or alongside hearty main entrees (blackened fish, steak).

Note: To thicken sauce a bit more, you can add a cornstarch slurry (1 TBL cornstarch + 1 TBL water, mixed together until dissolved) to the simmering sauce after step #4.