

## CHEF TED BOURQUE'S CRAWFISH BOUDIN (UNSTUFFED) submitted by James Menard

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Rice-Cooked (about 9 cups)	1/2 tsp Chili powder
1 lb cleaned Crawfish tails (chop 3/4 c.)	1/4 tsp celery seed
1 stick butter, salted	1/4 tsp thyme
1 c. onions. Chopped	1/2 tsp Tony Chachere's seasoning
2 celery stalks, chopped	1 tsp paprika
1/2 c. green bell pepper, chopped	1 tsp tomato bouillon
1/4 c. red bell pepper, chopped	1 tsp salt
1/4 c. light roux	3 parsley sprigs, chopped
1/2 c. tomato paste	1 c. green onions. Divided in 1/2
1 Tbsp cooking oil	1 small bay leaf
1 qt water	1/2 tsp sugar
1 tsp garlic powder	

Melt **butter** in pan, add **onions, celery** and **peppers**. **Saute** until onions are translucent. Add **roux** and **tomato paste**, stir thoroughly. Add **oil**, mix well. Add **water**, mix well. Add **garlic & chili powder, celery seed, thyme, Tony's, paprika, bouillon** and **salt**. Bring to boil. Add **chopped crawfish, parsley & 1/2 of green onions**. Cover and cook til thickened. About 45 min. Add **bay leaf** for 10 min, then remove. Add **sugar**, stir well then add **remaining crawfish tails**. Cook 5 more min. Add remaining **green onions**, stir well and cook 5 min. Mix with **rice**. After mixing, taste. Add more salt in necessary.

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### Meeting, Greeting, Cooking & Eating

Gathering on the 2nd Saturday of each  
month at Palmetto Island State Park



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