

JM's Crawfish Fettuccini (or some variation thereof) –

Warning – Louisiana is the obesity capitol of the U.S. - This is not a diet-friendly dish!!

½ lb. butter
1 onion, chopped
½ bell pepper, chopped
2 stalks celery, chopped
2 tbs. chopped/minced Garlic
1/3 cup flour
1 pint cream
1 can Rotel Tomatoes (original)
1 lb. crawfish tails (shrimp will work, but crawfish is the way to go)
1 lb. crab meat (“Krab” will work, too)
1 lb. pkg. fettuccini
½ can beef broth (or bouillon cube)
1 Tbs. Parsley
2 bunches green onions
Grated parmesan cheese

- Start the pasta – cook until not quite done (al dente), so it will soak up the goodness of the other stuff
- Melt the butter in a large skillet
- Add onion, bell pepper and celery – sweat until onions are clear (5-10 min)
- Add garlic (I use about 2 tbs. minced – amount to taste) – cook another few minutes
- Add flour and make a roux
- Reduce heat and add cream, Rotels and broth – bring back up to heat (not a boil or it will thicken too fast).
- Season to taste – cayenne, tobasco, black pepper (usually salt not needed)
- Add the crawfish/shrimp/crab – You can use 2 lb. crawfish tails as the basis, but I usually use 1 lb. crawfish and 1 lb. Krab and it works fine. Bring up to heat, but don't overcook. The sauce should be just starting to thicken.
- Add parsley and green onions
- Mix sauce and pasta, put in fairly large baking pan (12 x 18, about 2” thick)
- Top with grated cheese (optional)
- Bake at 325 – 350 until bubbly all over.
- Pull out of oven and allow to rest a while before serving. Serves 6 or so.