



# Etouffe

From [dulcetcuisine.com](http://dulcetcuisine.com)

¼ c all purpose flour  
2 T extra virgin olive oil  
¼ c butter  
1 large onion, finely chopped  
1 c celery, finely chopped  
1 bell pepper, finely chopped  
2 T Dulcet Creole Cooking Spice & Rub

2 c vegetable stock  
1 bay leaf  
1-14.5 oz can diced tomatoes  
2 T fresh lemon juice  
2 T fresh parsley, chopped  
2 lbs rock shrimp or crawfish

1. Place the flour in a dry frying pan over medium heat and toast until golden brown, stirring occasionally to prevent burning, approx 15 minutes.
2. Heat the vegetable stock over medium low heat in a separate pot.
3. In a heavy pot, melt butter over medium heat, add the olive oil.
4. When the flour is golden, whisk it into the butter and olive oil until smooth.
5. Continue to cook this mixture over medium heat, stirring often, until it turns the color of peanut butter.
6. Add the finely chopped vegetables, the Dulcet Creole Cooking Spice & Rub and cook until vegetable are softened. A little stock may need to be added at this point to prevent burning.
7. Once the vegetables are soft, slowly whisk in the remaining stock.
8. Add the diced tomatoes, bay leaf and keep at a low simmer until it thickens into a silky gravy texture.
9. Add the shrimp or crawfish, the lemon juice and the parsley and cook for 5 minutes or until the shrimp are just cooked through.
10. Serve over steamed rice.

Serves 4

Notes:

---

---

---

---

---

---

---