



## **Crawfish Bisque**

**Pete Dufresne**

**St. James Parish President**

### Stuffed Crawfish

1 Tbsp salt  
1 Tbsp black pepper  
1 Tbsp cayenne pepper (or to taste)  
1 Tbsp garlic powder  
5 lbs Louisiana crawfish tails (see note)  
2 large onions, rough chopped (divided into fifths)  
2 to 3 large green bell peppers, rough chopped (divided into fifths)  
4 stalks celery, rough chopped (divided into fifths)  
5 eggs  
15 slices white bread  
100 (approximately) crawfish heads, cleaned and soaked in warm water with a little vegetable oil (see note)  
All-purpose flour for dusting

Combine the salt, black pepper, cayenne and garlic powder in a small bowl and set aside. This mixture will also be used in the Crawfish Bisque.

In a grinder or food processor, grind the crawfish one pound at a time with a fifth of the onion, bell pepper and celery, one egg and 3 slices of white bread.

Transfer the ground crawfish to a bowl and add seasoning mixture to taste. Repeat the process for all 5 pounds of the crawfish tails, placing three of the ground pounds in one bowl and two pounds in a separate bowl. Reserve the two pounds for the Crawfish Bisque base.



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Remove the crawfish shells from the water and stuff each with a generous amount of the ground crawfish mixture. Place the stuffed tails, filled side up, on a baking sheet. Dust the stuffed crawfish with flour and broil in the oven for a few minutes until lightly browned and a crust forms. Set aside until ready to use.

Note: Add some water to each of the bags that the crawfish came in. Swish it around, then reserve the liquid for the bisque. Use crawfish heads from seasonal boils or obtain from a seafood supplier. The heads can be frozen indefinitely.

### Crawfish Bisque

1 to 2 cups canola oil  
1 to 2 cups all-purpose flour  
2 cups onions, chopped  
1 stick butter  
3 tsp garlic, minced  
2 quarts chicken stock  
½ capful of liquid crab boil  
2 Tbsp apple jelly  
1 cup green onions, chopped

To make a roux, with the heat off pour oil into the center of a stockpot just until it hits the sides of the pot all the way around. Turn the heat on to medium. As the oil warms, begin adding flour gradually, a few heaping spoons at a time. Stir in the flour, mixing it with the oil as it heats up. Continue adding flour until the consistency is smooth and pasty (not runny). Turn the heat to medium high, stirring constantly until the roux bubbles and browns.



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Reduce the heat to medium and add the onions, stirring to make sure they don't stick. Cook until the onions are translucent, then add the butter. When the butter is melted and the roux is creamy, add the garlic. Season to taste with the seasoning mixture.

Add the reserved 2 pounds of ground crawfish tails and the liquid from the crawfish bags. Add chicken stock to the base to create a sauce-like consistency, then cover the pot and cook for 15- 20 minutes, stirring occasionally to prevent sticking.

Adjust the thickness of the bisque with additional chicken stock, then add the liquid crab boil and apple jelly. Add the stuffed heads to the sauce, a few at a time, and gently stir them in. Add the green onions, then reduce the heat.

Simmer 45 minutes to an hour (the longer the bisque cooks the better it will taste), stirring to prevent sticking and adding stock as needed.

Adjust to taste with the seasoning mixture.

Serve the Crawfish Bisque over angel hair pasta or steamed white rice.