

## Crawfish Recipes

### PURGING CRAWFISH

It is very important you know How to Purge Crawfish before boiling them. That means cleaning them thoroughly while alive before you begin to boil them. The crawfish require air to remain alive.

They cannot stay under the water for a long period of time or they will die, and you will not have any live crawfish to boil.

Place the live crawfish in a large container like an ice chest to begin the purging process.

Begin by dumping the live crawfish into the ice chest making sure the drain is closed.

Add just enough water to cover the top of the crawfish.

Sprinkle one half of a 26 oz. box of salt on top of the crawfish and stir gently with a paddle to mix salt & water.

After 5-10 minutes, drain the water from the ice chest.

Repeat the process of refilling ice chest with water and Sprinkling the remaining salt (1/2 box) on top of the crawfish and stir gently.

If any crawfish float to the top they are dead so discard them. (do not boil dead crawfish)

After 5-10 minutes drain the water from the ice chest and thoroughly rinse them and remove any grass or debris.

It is important to properly purge the crawfish for them to taste good!

Now your crawfish will be properly purged and ready to be boiled.

Place the live crawfish in a cool and shaded area until they are ready to be boiled.

If you find any dead crawfish when it is time to boil them, simply remove and discard.

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Crawfish Boil, as they call it in Cajun cooking.  
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A large pot is needed, preferably one with a lift-out strainer basket.

Fill 1/2 to 2/3 full of water and place on heat to simmer.

Add about 1/4 cup salt and cup of vinegar.

Add a few bags of Zatarin's Crab Boil,

some purple pearl onions,

a couple of quartered lemons,

a few shakes of garlic powder,

Old Bay seasoning and Cajun spice.

Heat to slow boil until it just starts to make you eyes water.

The Crab Boil is a packet containing a lot of spices and seasonings that not only flavor the water but permeate the air with a tantalizing aroma.

The vinegar is supposed to make the crawdad meat a little firmer.

Add a couple dozen little red potatoes in the pot and let them cook 30 minutes.

Then, freshly husked corn-on-the-cob, cut into cobbets and add and cook another five minutes.

Then it was time to throw a small cooler-full of crawdads or just tails and claws.

Wait about five minutes for the water to come back to boiling temperature, and then another four or five minutes for the them to cook.

They're done when they're a bright orange and start coming to the surface. Like shrimp, the meat becomes rubbery if cooked too long.

Remove strainer basket to drain water and pour on tray or large bowl.

Remove tails if crawfish are whole & peel off shell and eat with the corn, onions and potatoes.  
notes:

You may want to dip meat in melted butter or tartar sauce or cocktail sauce to eat.

Other things may be added like lemon halves, garlic bulbs sliced, clams, shrimp, mushrooms and carrots.

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FRYING CRAWFISH  
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The crawfish can be fried in a large cast-iron skillet  
Heat the skillet with olive oil and butter.  
Add diced onions & garlic and sauté.  
Add whole crayfish or tails and cook until they turn red or orange.  
Add salt and pepper to taste.  
Serve with melted butter.

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CRAWFISH COWDER  
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Servings: 10  
1/4 cup butter  
1/2 bunch green onions, chopped  
1/2 cup butter  
2 pounds frozen crawfish, cleaned  
2 (10.75 ounce) cans condensed cream of potato soup  
1 (10.75 ounce) can condensed cream of mushroom soup  
1 (15.25 ounce) can whole kernel corn, drained  
4 ounces cream cheese, softened  
2 cups half-and-half cream  
1/2 teaspoon cayenne pepper  
Melt 1/4 cup of butter in a large cast-iron skillet over medium heat.  
Sauté green onions in butter until tender.  
Remove from pan, and set aside.  
In the same skillet, melt 1/2 cup of butter, and sauté the crawfish for 5 minutes; set aside.  
In a large pot over medium heat, combine potato soup, mushroom soup, corn, and cream cheese.  
Mix well, and bring to a slow boil.  
Stir in half-and-half, sautéed green onions, and crawfish.  
Season with cayenne pepper.  
Bring to a low boil, and simmer 5 minutes to blend flavors.  
May be served with cornbread or crusty French bread.