

Chef Carolyn's Corner - Crawfish Zydeco "Fettucine"

Written by Carolyn Shelton
Thursday, 25 August 2011 00:00



Chef Carolyn's Corner

Feeling grateful or appreciative of someone or something in your life actually attracts more of the things that you appreciate and value into your own life. You know, I feel so grateful right now and hope this recipes finds you in the same frame of mind...Enjoying friends and family over good meal is what it is all about.

Family recipes and eating healthy is a big issue, but this doesn't mean giving up those rich Creole dishes or Fried food. It simply means incorporating healthy choices when cooking for the family and eating less and certainly in moderation

The recipe this week is an old time Louisiana favorite for most of us and can be prepared quick and easy. Remember to always start with the freshest ingredients and a good seasoning.

This recipe can be prepared either with shrimp or crawfish and you can use some of the mixes on the market /(Zatarain/ Etouffee Mix) to help step up the cooking time.

This recipe is from my cookbook "Zydeco Blues and Gumbo." Hope you enjoy!



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Talk About Good Chere

1/2 cup butter
1 fresh chopped / jalapeno/ or relish
1 sweet onion Chopped
1 clove fresh garlic chopped
1 small bell pepperchopped
Creole seasoning
2 tablespoons of white flour
1 pound of flat "Yokeless" noodle Bold
1 pound Crawfish tails peeled(your choice china or Louisiana)
1cup half and half/ small can of carnation
6 ounces of cheese spread in a jar

Remember *"Life is uncertain, Eat Dessert First."*

Chef Carolyn