**Crab and Shrimp Etouffee**

Yield: Makes 8 to 10 Servings
Ingredients

½ cup (1 stick) butter
1/3 cup all purpose flour
2 cup chopped yellow onions
1 rib celery chopped
2 large garlic cloves, peeled
1/3 cup seeded and chopped red bell peppers
1/3 cup seeded and chopped green bell peppers
1 cup water
2 pounds medium-size shrimp, peeled and devined
1¼ teaspoon salt
1 teaspoon Tabasco brand garlic pepper sauce
½ teaspoon freshly ground black pepper
¼ cup chopped green onions green and white parts
¼ cup chopped fresh parsley leaves
2 pounds jumbo lump crabmeat, picked over for shells and cartilage
Hot cooked long grain white rice (see Notes)

Directions
1. In a large, heavy pot, over medium-low heat, melt the butter, then add the flour. Stirring often, cook until the foam subsides and the mixture turns a golden color, like sandpaper, 10 to 12 minutes (see Eula Mae’s advice on making a roux). Add the yellow onions, celery, and garlic. Cook, stirring often, until soft and golden, about 15 minutes.
2. Add the bell peppers and cook, stirring occasionally, for 5 minutes. Add the water and stir to blend until the mixture thickens. Add the shrimp and stir to mix. Cook, stirring occasionally until the shrimp turn pink, 5 to 7 minutes. Add the salt, Tabasco, and black pepper and continue to cook for 5 to 7 minutes longer. Add the green onions, parsley, and crabmeat. Don’t stir or you’ll break up the crabmeat. Gently shake the pot, cover, and simmer for 5
minutes.Turn off the heat and let it rest (with the lid on the pot) for about 5 minutes.
3. Serve over the rice in soup or gumbo bowls.

Notes
For each cup of uncooked rice (1 cup raw = 3 cups cooked), add 2 cups cold water to a saucepan with 1 teaspoon salt, 1 teaspoon distilled white vinegar, and 1 tablespoon butter. All this goes in at once. Cover and bring to a boil, then reduce the heat to medium-low and cook until all liquid evaporates and the rice is tender, 20 to 30 minutes.

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