

CRAWFISH MONICA

This is a very simple and elegant dish, and will impress your guests in a big way. It's also one of the most popular dishes served at the New Orleans Jazz and Heritage Festival; the line at the Crawfish Monica booth is one of longest on the Fairgrounds. If you don't have crawfish available in your area, it works well with shrimp, oysters or crabmeat.

- 1 lb. crawfish tails, boiled and peeled; OR
- 1 lb. shrimp, peeled; OR
- 1 lb. lump crabmeat; OR
- 1 lb. oysters drained and quartered
- 1 stick butter (Do not use margarine.)
- 1 pint half-and-half (Look, relax. Just don't eat this every day.)
- 3 - 10 cloves garlic, chopped (to your taste)
- 1-2 Tbl. Creole Seasoning
- 1 lb. cooked fresh pasta (Rotelli is preferred, use your favorite shape.)

Cook pasta according to the directions on the package. Drain, then rinse under cool water. Drain again, thoroughly. Melt the butter in a large pot and sauté onions and garlic for 3 minutes. Add the seafood and sauté for 2 minutes. Add the half-and-half, then add several big pinches of Creole seasoning, tasting before the next pinch until you think it's right. Cook for 5 - 10 minutes over medium heat until the sauce thickens. Add the pasta and toss well. Let it sit for 10 minutes or so over very low heat, stirring often. Serve immediately with hot french bread. Serves 4-6.

~ From *The Louisiana Crawfish Company*

Courtesy of Dr. Catherine Hebert
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