



# Nonna Snowden Cooks

Cook, Skydive, Have Fun, Give Back



## Crawfish Étouffée

Visit Nonna at [www.nonnasnowdencooks.com](http://www.nonnasnowdencooks.com) and watch her “how to” videos on preparing several dishes. Etouffée is a traditional Louisiana dish made with crawfish, onions, garlic, and a roux. While it is a rich and flavorful dish, it can be adapted to be low carb by using cauliflower rice instead of white rice. For those preferring a low carb meal or those who simply don't like rice or want some variety, Nonna breaks down the simple and easy way to make cauliflower rice.

**Preparation Time:** 20 mins **Cook Time:** 45 mins

### Ingredients:

- 1 cup flour
- 1 cup olive oil
- 2 medium onions (preferably an onion previously cooked with the crawfish at a boil)
- 2 medium garlic heads (preferably garlic previously cooked with the crawfish at a boil)
- 2-ish pounds Crawfish (it depends on how much you have leftover from the boil or want to add)
- 3 celery stalks (chopped)
- 1 large green bell pepper (chopped)
- 2 large tomatoes (chopped)
- 4 cans (14.5 ounces) chicken broth
- 1 cauliflower head (for those wanting a low carb meal or just some variety from white rice).
- 1/4 cup goat butter
- Tony Chachere's
- Cajun Power Sauce
- Uncle Paulie's Ghost Pepper Salt
- Dan Pastorini's Garlic and Herb Seasoning

### Preparation: MIX ROUX:

1. Mix Roux. Heat oil in a large pot over medium heat. Add flour and stir constantly with a wooden spoon until the mixture is a light tan color. This should take about 5-10 minutes. The roux is ready when it is a light tan color.

### Preparation: ADDING INGREDIENTS:

1. Add celery sticks, bell pepper, tomatoes, onion, and garlic. Mix with the Roux. Mix well and let ingredients heat up some.
2. Add all 4 chicken broth cans. Stir thoroughly.
3. Add seasonings. Season to your own tastes. Nonna's preferred seasonings are listed above.
4. Let simmer until desired thickness is reached. Stir occasionally.
5. Once desired thickness is reached, add cooked crawfish. Let crawfish heat. This will not take long. If you cook the crawfish too long, it will get tough and rubbery. Remember the crawfish is already cooked. You are simply re-heating it!

Nonna donates 50% of proceeds to [JumpForTheRose.org](http://JumpForTheRose.org).





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## Spaghetti Squash

### Preparation of Cauliflower (cauliflower rice)

1. Cut cauliflower head in half and remove the stalk.
2. Grate the cauliflower until you have the desired amount.
3. Put goat butter into frying pan. Melt butter.
4. Add grated cauliflower.
5. Add seasonings of your choice (Nonna likes Dan Pastorini's Garlic and Herb & some salt)
6. Cook at a medium heat until the cauliflower is as soft as you like.

**SERVE:** over white rice or cauliflower rice.

**Note:** You can also add peppers or use different seasonings. Adobo is a good substitute seasoning. Or you can simply add some basics like cayenne pepper and paprika. In meals like this, Nonna prefers to season to taste and often taste tests as she cooks. She highly recommends that you do the same. Add the spices and seasonings that YOU and your family love!

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