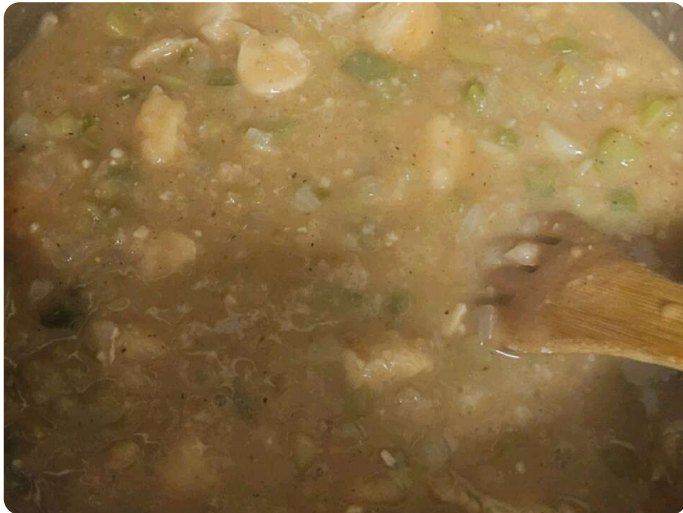




Chicken Etouffee

Oscar · 28/09/2024



Prep Time

1 hr 15 mins

Difficult

Medium

Servings

6

Description

This chicken version isnt a true étouffée like the shrimp or crawfish youll see at a restaurant which is probably why my family and I like it so much

Ingredients

- - 2 cups all-purpose flour - 1 tablespoon salt - 1 tablespoon ground black pepper - 1 teaspoon ground cayenne pepper - ¼ cup unsalted butter - 1 tablespoon extra-virgin olive oil - 1 pound skinless
- boneless chicken breasts
- cubed - 3 stalks celery
- chopped
- or more to taste - 1 green bell pepper
- chopped - 1 onion
- chopped - 1 clove garlic
- minced - 2 tablespoons unsalted butter
- or more to taste - 1 cup water
- or as needed to cover - 4 bay leaves - 3 cups cooked rice

Instructions

1. Whisk flour
2. salt
3. black pepper
4. and cayenne pepper together in a bowl; add cubed chicken and dredge to coat. Reserve remaining seasoned flour. Heat 1/4 cup butter and olive oil in a large skillet; add chicken and cook until golden brown and no longer pink inside
5. about 10 minutes. Transfer to a bowl
6. leaving butter mixture in skillet. Reduce heat to low. Stir 1 tablespoon reserved seasoned flour into pan drippings; cook and stir until mixture forms a paste and dark caramel color
7. 10 to 15 minutes. Watch carefully and stir constantly to avoid burning. Add celery
8. bell pepper
9. onion
10. garlic
11. and remaining 2 tablespoons butter to flour paste; toss to coat with butter and browned flour mixture. Cook and stir until vegetables soft
12. about 10 minutes. Add water to cover vegetables; add bay leaves and bring to a simmer. Return chicken to skillet; cook until flavors blended
13. about 10 minutes more. Serve with cooked rice. Editor's Note: The nutrition data for this recipe includes the full amount of the breading ingredients. The actual amount of the breading consumed will vary.