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CHICKEN ETOUFFEE Recipe

Ingredients:

1/3 cup vegetable oil
1/2 cup chopped onion
1/4 cup chopped green bell pepper (or mild hot pepper)
2 tsp minced garlic
8 ozs clam juice (can probably use wine or water instead)
1 3/4 tsp cajun spice mix
3 whole chicken breasts, bones and cubed
1 1/2 cups uncooked rice
1/3 cup all purpose flour
1/4 cup chopped celery
1 lb can tomatoes, chopped
1 tsp salt

Instructions:

To cook the chicken stir in tomatoes, clam juice, 1 tsp cajun spice, salt and chicken. Heat to boiling. Reduce heat and simmer uncovered, stirring occasionally, for 10-15 mins.

In a heavy skillet heat the oil over med. heat. Stir in flour and cook, stirring constantly until dark-red brown, about 10 mins. Add the onion, celery, pepper and garlic; cook 5 mins. Stir in tomatoes, clam juice, 1 tsp cajun spice, salt and chicken. Heat to boiling. Reduce heat and simmer uncovered, stirring occasionally, for 10-15 mins.

Remove from heat and let stand 3 mins.

While the chicken is cooking, cook the rice according to the package directions, adding 3/4 tsp to the water. Serve the Etouffee over the rice.

Courtesy of Margaret Reek

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