

Natural Healing Express Weekly

Column 222 Winterfest and a Cajun Favorite

I hate to make excuses, but with the new Cafe opening and Winterfest all hitting at the same time, my article got a little far behind this week. By the time you are reading this, Winterfest will well be under way. Please stop by and see us on Wine Walk Wednesday on January 27th. Wine samples will be flowing!

Also, at the Winterfest Kick off Concert featuring Corey Cox at Coach's Golf and Grill, King and Queen of Winterfest were named. Congratulations to two beautiful people – King Joe Green and Queen Trina Green. We couldn't have better royalty reigned over our next year!

Anyhow, I have been meaning to write a little "Cajun" column and talk about my recent visit to my friend at Tabasco on Avery Island, Louisiana. But since I am on a time crunch, I will share one of their favorite recipes.

Crawfish Etouffee (pronounced A two Fay)

Ingredients = 1 cup of butter, 1 and ½ cup of chopped onions, 1 cup of chopped green peppers, 1 cup of chopped celery, 3 cloves of minced garlic, 1 teaspoon of sea salt, 1 teaspoon of TABASCO pepper sauce, 2 pounds of crawfish tails shelled (you may substitute shrimp if you would like) ½ lemon – juiced, ½ cup of chopped parsley, ½ cup chopped green onions.

In a large pot, melt butter and cook onions, green peppers, celery and garlic until soft – usually about five minutes. Add Salt and Tabasco. Cook uncovered over medium – low heat for 30 minutes, stirring occasionally. Add the crawfish (or shrimp) lemon juice and parsley, Cook for another 10 to 15 minutes. Add chopped green onions just before serving.

I personally serve this over wild rice, but the real Cajuns just eat it out of the crock.

Hope to see you this week at Winterfest and/or our "soft opening" of the Café on Saturday. Mention you read about this in the Flash and receive an extra treat.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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