

Baked Dijon Salmon



Submitted by: Arnie Williams
 Rated: 5 out of 5 by 859
 members

Prep Time: 20
 Minutes
 Cook Time: 15
 Minutes

Ready In: 35
 Minutes
 Yields: 4
 servings

"Salmon fillets brushed with honey and Dijon mustard, coated with bread crumbs and baked."

INGREDIENTS:

1/4 cup butter, melted	4 teaspoons chopped fresh parsley
3 tablespoons Dijon mustard	4 (4 ounce) fillets salmon
1 1/2 tablespoons honey	salt and pepper to taste
1/4 cup dry bread crumbs	1 lemon, for garnish
1/4 cup finely chopped pecans	

DIRECTIONS:

1. Preheat oven to 400 degrees F (200 degrees C).
2. In a small bowl, stir together butter, mustard, and honey. Set aside. In another bowl, mix together bread crumbs, pecans, and parsley.
3. Brush each salmon fillet lightly with honey mustard mixture, and sprinkle the tops of the fillets with the bread crumb mixture.
4. Bake salmon 12 to 15 minutes in the preheated oven, or until it flakes easily with a fork. Season with salt and pepper, and garnish with a wedge of lemon.

This recipe appears in the Allrecipes *"Tried & True Quick & Easy"* cookbook. Buy it online at <http://allrecipes.com/quick/>

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Green Beans With Walnuts

allrecipes.com

Submitted by: Tina

Yields: 8 servings

Rated: 5 out of 5 by 11 members

"Super yummy dish that can be prepared in advance, and tossed with hot oil just before the dinner is served."

INGREDIENTS:

2 pounds fresh green beans,
washed and trimmed2 tablespoons minced fresh
parsley

2 tablespoons butter

ground black pepper to taste

1 cup chopped walnuts

salt to taste

2 tablespoons walnut oil

DIRECTIONS:

1. Place the walnuts on an ungreased baking sheet. Bake at 350 degrees F (175 degrees C) for 5 to 8 minutes.
2. Cook beans in large pot of boiling salted water until just tender, about 5 minutes. Drain. Rinse beans with cold water, and drain well. Can be prepared 6 hours ahead. Let stand at room temperature.
3. Melt butter or margarine with oil in heavy large skillet over high heat. Add beans and toss until heated through, about 4 minutes. Season with salt and pepper. Add walnuts and parsley and toss. Transfer to bowl and serve.

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PORCINI RISOTTO

Sat

Exchanges

Dec 21

Makes: 8 Servings (about 1/2 cup each)

2002

- 1/4 to 1/2 ounce dried porcini mushrooms
- Olive oil cooking spray
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 small tomato, seeded, chopped
- 1 teaspoon dried sage leaves
- 1/4 teaspoon dried thyme leaves
- 1-1/2 cups arborio rice
- 1-1/2 quarts reduced-sodium vegetable, or chicken, broth
- 1/4 cup grated Parmesan cheese
- Salt and pepper, to taste
- 2 tablespoons pine nuts or slivered almonds, toasted
- 2 tablespoons finely chopped fresh sage or parsley

Place mushrooms in bowl; pour hot water over to cover. Let stand until mushrooms are soft, about 15 minutes; drain, reserving liquid. Slice mushrooms, discarding any tough parts.

Spray large saucepan with cooking spray; heat over medium heat until hot. Saute mushrooms, onion, and garlic until tender about 5 minutes. Stir in tomato, sage, and thyme; cook 2 to 3 minutes more. Stir in rice. Cook, over medium heat until rice begins to brown, 2 to 3 minutes, stirring frequently.

Heat broth and reserved porcini liquid to boiling in medium saucepan; reduce heat to medium-low to keep broth hot. Add broth to rice mixture, 1/2 cup at a time, stirring constantly until broth is absorbed before adding another 1/2 cup. Continue process until rice is al dente and mixture is creamy, 20 to 25 minutes.

Stir in cheese; season to taste with salt and pepper. Serve risotto in bowls; sprinkle with pine nuts and sage.

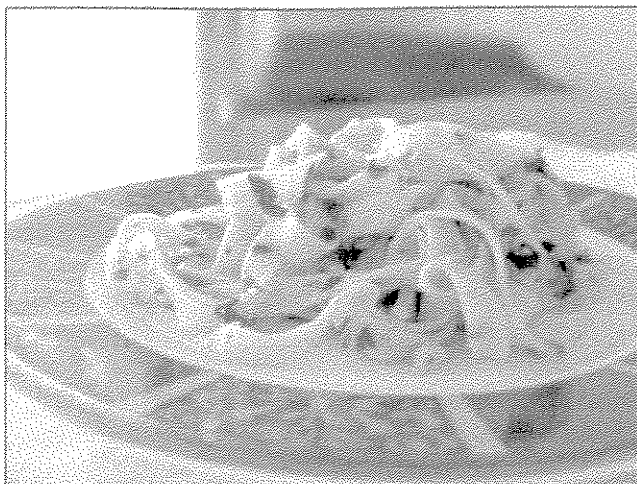
Per 1/2-cup Serving: Calories: 195, Fat: 3.0 g, Cholesterol: 2.5 g, Sodium: 68 mg, Protein: 5.1 mg, Carbohydrate: 34 g ++++ Exchanges: 1 Vegetable, 2 Bread, 1/2 Fat

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Arugula Pesto



We have a 3 ft by 6 ft patch of arugula growing in our garden and for the last two months I've been looking for ways to make use of it. By the way, arugula (a.k.a. rocket) grows like a weed and re-seeds itself every year. The bugs and snails don't seem to touch it (they go for the lettuce instead). Clotilde of Chocolate and Zucchini is always a great source of inspiration and I remembered her intriguing recipe for *Pesto de Roquette*. I had heard that walnuts are good in pesto so I tried making the arugula pesto both ways - one with pine nuts and one with walnuts. I think the arugula pesto with walnuts is better. The strong, meaty flavor of the walnuts balances out the astringency of the arugula, a good blend of flavors.

1 cup of lightly packed, chopped arugula (tough stems removed first)
3 Tbsp of chopped walnuts
3 Tbsp fresh Parmesan cheese
3 Tbsp extra virgin olive oil
2 garlic cloves, peeled, chopped

Combine the nuts and garlic in a mortar. (You can also use a food processor.) With the pestle, grind until smooth. Add the cheese and olive oil, grind again until smooth. Add the arugula, grind up with the other ingredients until smooth. Because the pesto is so dependent on the individual ingredients, and the strength of the ingredients depends on the season or variety, test it and add more of the ingredients to taste.

Mix with freshly prepared pasta of your choice.

Makes enough pesto sauce for an ample serving of pasta for two people.

Links:

[Mortar and Pestle](#)

[Arugula pesto with Ricotta cheese](#) - recipe from Whole Foods in which the pine nuts and garlic is toasted a bit first.

Simply Recipes <http://www.elise.com/recipes/>

Risotto / Paella

Sautéed

green onion (3 large)

red pepper

long red pepper

olive oil

pepper

add:

thyme

oregano

Rice

1.5 cups arborio

3 cups water +

2 bullon

1 teaspoon mild paprika

3 pinches saffron

fresh sautéed of

white wine

shrimps

epicurious.com

POLENTA WITH PORCINI MUSHROOM SAUCE

"Ever since I tried the polenta with mushrooms at Vinci in Chicago, I've made a point of stopping there when I'm in town," says Colby L. Crabtree of Lexington, Kentucky. "The dish is so popular that the management counts the orders. Every time they hit ten thousand, the guest who requested it gets a free trip to Italy. I'd be happy just to 'win' the recipe."

6 cups water
2 tablespoons olive oil
1 teaspoon salt
1 cup yellow cornmeal
1 1/4 cups freshly grated Parmesan cheese
1/4 cup (1/2 stick) butter

Porcini Mushroom Sauce

Additional freshly grated Parmesan cheese (optional)

Combine 6 cups water, oil and salt in heavy large saucepan. Bring to boil. Gradually whisk in cornmeal. Reduce heat to low; cook until polenta is very thick, stirring occasionally, about 30 minutes. Stir in 1 1/4 cups Parmesan cheese and butter.

Ladle polenta into shallow bowls. Top with Porcini Mushroom Sauce. Serve with additional cheese, if desired.

Makes 6 first-course servings.

Bon Appétit

R.S.V.P.

January 2000

Vinci, Chicago, Il

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Carrabba's Chicken Bryan #64356

recipe by keen5

I got this copycat recipe from Algy's Recipe Exchange.

6 servings

55 minutes 35 mins prep

- 1 tablespoon minced garlic
- 1 tablespoon minced yellow onions
- 2 tablespoons butter
- 1/2 cup dry white wine
- 1/4 cup fresh lemon juice
- 2/3 cup cold butter, sliced
- 1 1/2 cups chopped sun-dried tomatoes
- 1/4 cup chopped fresh basil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon white pepper
- 6 boneless skinless chicken breast halves
- extra virgin olive oil, for brushing
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 8 ounces caprino goat cheese or other goat cheese, room temperature

1. Saute garlic and onion in 2 Tbls.
2. butter in a large skillet over medium heat until tender.
3. Stir wine and lemon juice into skillet, increase heat to medium high, and simmer to reduce by half.
4. Reduce heat to low and stir in cold butter, one slice at a time.
5. Stir in tomatoes, basil, kosher salt, and white pepper; remove from heat; set aside.
6. Brush chicken breasts with olive oil and sprinkle with salt and black pepper.
7. Grill chicken over hot coals 15-20 minutes, or until cooked through.
8. A couple of minutes before chicken is done, place equal amounts of cheese on each breast Spoon prepared sun-dried tomato sauce over chicken.

Nutrition Facts	
Calculated for 1 serving (161g) Recipe makes 6 servings	
Calories 549 Calories from Fat 351 (64%)	
Amount Per Serving	%RDA
Total Fat 39.1g	60%
Saturated Fat 23.9g	119%
Polyunsat. Fat 2.0g	
Monounsatur. Fat 10.7g	
Cholesterol 168mg	56%
Sodium 1177mg	49%
Potassium 797mg	22%
Total Carbohydrate 10.5g	3%
Dietary Fiber 1.9g	7%
Protein 37.2g	74%
Vitamin A 1628mcg	32%
Vitamin B ₆ 0.6mg	30%
Vitamin B ₁₂ 0.4mcg	6%
Vitamin C 10mg	18%
Vitamin E 0mcg	3%
Calcium 157mg	15%
Magnesium 67mg	16%
Iron 3mg	16%

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Recipe Notes & Rating: 5 stars 4 stars 3 stars 2 stars 1 star

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Turkey Pot Pie I

A perfect way to use leftover turkey. This pie tastes yummy, and will feed up to eight hungry people. Prep Time: approx. 20 Minutes. Cook Time: approx. 1 Hour. Ready in: approx. 1 Hour 20 Minutes. Makes 1 - 10 inch pie (8 servings).

Printed from **Allrecipes**, Submitted by **Linda**

- | | |
|--|---------------------------------|
| 1 recipe pastry for a (10 inch) double crust pie | salt and pepper to taste |
| 4 tablespoons butter, divided | 2 cubes chicken bouillon |
| 1 small onion, minced | 2 cups water |
| 2 stalks celery, chopped | 3 potatoes, peeled and cubed |
| 2 carrots, diced | 1 1/2 cups cubed cooked turkey |
| 3 tablespoons dried parsley | 3 tablespoons all-purpose flour |
| 1 teaspoon dried oregano | 1/2 cup milk |

Directions

- 1 Preheat oven to 425 degrees F (220 degrees C). Roll out bottom pie crust, press into a 10 inch pie pan, and set aside.
- 2 Melt 2 tablespoons butter in a large skillet over medium heat; add the onion, celery, carrots, parsley, oregano, and salt and pepper. Cook and stir until the vegetables are soft. Stir in the bouillon and water. Bring mixture to a boil. Stir in the potatoes, and cook until tender but still firm.
- 3 In a medium saucepan, melt the remaining 2 tablespoons butter. Stir in the turkey and flour. Add the milk, and heat through. Stir the turkey mixture into the vegetable mixture, and cook until thickened. Cool slightly, then pour mixture into the unbaked pie shell. Roll out the top crust, and place on top of filling. Flute edges, and make 4 slits in the top crust to let out steam.
- 4 Bake in the preheated oven for 15 minutes. Reduce oven temperature to 350 degrees F (175 degrees C), and continue baking for 20 minutes, or until crust is golden brown.

If no oregano, try sage.

Chicken with Vegetables, Paprika, and Herbed Cheese

- 2-3 tablespoons olive oil
- 2-3 onions, diced
- 3-4 garlic cloves, minced
- 2 medium zucchini, chopped
- 1 lb plum tomatoes, chopped into quarters
- 2 big red peppers, chopped
- 8-10 sundried tomatoes, chopped
- 4-6 big celery sticks, chopped
- 3-4 tablespoons balsamic vinegar
- 1-2 teaspoons oregano
- 1-2 teaspoons basil
- 1-2 teaspoons thyme
- 2-3 teaspoons paprika
- salt and fresh pepper to taste
- 4-6 chicken breast filets
- 1 ½ containers of herbed cream cheese

Preheat the oven to 175 C or 350 F. Heat the olive oil in a large pot and sauté the onions and garlic. Add the rest of the vegetables and balsamic vinegar. Add all the spices and simmer for about 10-15 minutes. Pour all the ingredients into a deep glass or oven proof dish. Place the chicken breasts on top and cover with the herbed cream cheese. Bake in the oven for approximately 45 minutes, until chicken is thoroughly cooked. Serve with French or Italian bread to mop up the juices.

oil Tuna w/ fennel
1/4 cup

lemon juice 2 tbl

scallions 1/2 cup

thyme 1 tsp

garlic 2 cl

salt 1 tsp

fennel seed 1 tsp

black pepper
butter

fennel bulb
red onion

July 21, 2004

Recipe: Fish Steamed Over Vegetables and Fresh Herbs

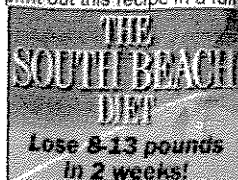
Time: 30 to 40 minutes

3 tablespoons olive oil
1 tablespoon minced garlic
1 large onion, chopped
1 red bell pepper, cored and slices
2 medium zucchini, in 1-inch chunks
2 small eggplants, in 1-inch chunks
Salt and pepper
2 medium tomatoes, cored and roughly chopped, with liquid
1 teaspoon fresh thyme or marjoram
1/2 cup good black olives, optional
1 1/2 pounds skinned fillets of red snapper, striped bass or other firm-fleshed fish
1/2 cup roughly chopped basil leaves.

1. Put 2 tablespoons olive oil in a large skillet that can later be covered and turn heat to medium-high. Add garlic and, when it sizzles, onions and red bell pepper. Cook, stirring occasionally, about 5 minutes.
2. Add zucchini, eggplant, salt and pepper and cook, stirring occasionally, until eggplant is fairly soft, 10 to 15 minutes. Add tomatoes, thyme or marjoram, and olives if you are using them and cook, stirring occasionally, until tomatoes begin to break up, 5 minutes. Taste and adjust seasoning.
3. Sprinkle fish with salt and pepper and lay it on top of vegetables. Adjust heat so mixture simmers and cover. Cook 8 to 12 minutes, or until a thin-bladed knife inserted into fish at its thickest point meets little resistance. Remove fish to a plate, then stir basil into vegetables and spoon them around fish; drizzle with remaining oil (use a little more if you like) and serve.

Yield: 4 servings.

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Exquisite Pizza Sauce

This sauce is wonderfully flavorful and is worth adding in the numerous ingredients. Prep Time: approx. 10 Minutes. Ready in: approx. 40 Minutes. Makes 1 pizza (4 servings).

Printed from Allrecipes, Submitted by Angie Zayac

1 (6 ounce) can tomato paste	1/4 teaspoon dried oregano
6 fluid ounces warm water (110 degrees F/45 degrees C)	1/4 teaspoon dried marjoram
3 tablespoons grated Parmesan cheese	1/4 teaspoon dried basil
1 teaspoon minced garlic	1/4 teaspoon ground black pepper
2 tablespoons honey	1/8 teaspoon cayenne pepper
1 teaspoon anchovy paste (optional)	1/8 teaspoon dried red pepper flakes
3/4 teaspoon onion powder	salt to taste

Directions

- 1 In a small bowl, combine tomato paste, water, Parmesan cheese, garlic, honey, anchovy paste, onion powder, oregano, marjoram, basil, ground black pepper, cayenne pepper, red pepper flakes and salt; mix together, breaking up any clumps of cheese.
- 2 Sauce should sit for 30 minutes to blend flavors; spread over pizza dough and prepare pizza as desired.

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November 19, 2003

Recipe: Braised Ligurian Chicken

A *dapted from Jamie Oliver*

Time: 40 minutes

2 heaping tablespoons flour
Sea salt and freshly ground black pepper
1 4-pound chicken, cut into 8 pieces
1/4 cup extra virgin olive oil
4 to 5 fresh rosemary sprigs
6 cloves garlic, peeled and thinly sliced
1 1/2 cups white wine
4 anchovy fillets (optional)
1/2 cup calamata olives (with pits)
3 ripe plum tomatoes, halved, seeded and coarsely chopped.

1. In a large bowl, combine flour with salt and pepper to taste. Add chicken pieces and toss until evenly coated.
2. Place a large flameproof casserole dish over medium-high heat, and heat olive oil. Add chicken pieces, and fry until golden underneath, about 5 minutes. Turn chicken, and add rosemary and garlic. Continue to fry until garlic is softened but not colored, about 3 minutes. Add wine. When it comes to a boil, add anchovies, olives and tomatoes.
3. Partly cover pan, and reduce heat to medium low. Simmer until chicken is cooked and tender, and broth is reduced to a rich sauce, 15 to 20 minutes. To serve, discard rosemary sprigs, and season well with salt and pepper to taste. Place a piece or two of chicken on each plate, and top with a spoonful of sauce.

Yield: 4 servings.

LINGUINE WITH EGGPLANT

6 tablespoons extra-virgin olive oil
1 lb eggplant, cut into 1/2-inch cubes
2 cups chopped onion(2 medium)
1 tablespoon finely chopped garlic (2 cloves)
2 (14-oz) cans diced tomatoes in juice
2 teaspoons finely chopped fresh oregano
1/2 teaspoon salt
1/4 teaspoon dried hot red pepper flakes
1 lb dried linguine
1 tablespoon finely chopped fresh flat-leaf parsley
2 oz finely grated Pecorino Romano (1 cup)

Heat 1/4 cup oil in a 12-inch nonstick skillet over moderately high heat until beginning to smoke, then add eggplant and cook, stirring occasionally, until browned and tender, about 10minutes. Transfer to paper towels to drain.

Add onion, garlic, and remaining 2 tablespoons oil to skillet and cook over moderate heat, stirring occasionally, until onion is golden, 8 to 10 minutes. Add tomatoes (including juice), oregano, salt, and red pepper flakes and simmer, uncovered, until sauce is thickened and most of liquid is evaporated, about 10 minutes.

While tomato sauce is simmering, cook linguine in a 6- to 8-quart pot of *boiling salted water* until al dente. Reserve 1 cup cooking water, then drain pasta in a colander and return to pot. Add tomato sauce and toss to coat, then add eggplant, parsley, and some reserved cooking water if necessary (to thin sauce) and gently toss. Season with salt and pepper and transfer to a bowl. Sprinkle with some of cheese and serve remainder on the side.

Makes 6 main-course servings.

Gourmet
September 2004

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Crawfish Etouffee

Submitted by: Southern Living magazine
 Rated: 5 out of 5 by 17 members

Yields: 6 servings

"Seafood markets sell frozen, peeled crawfish tails harvested in Louisiana or China. You can substitute peeled shrimp, but the color won't be as intense."

INGREDIENTS:

1/2 cup butter or margarine	1/2 teaspoon onion powder
1 large onion, chopped	1/4 teaspoon ground white pepper
1/4 cup finely chopped celery	1/2 teaspoon hot sauce
1/4 cup chopped green bell pepper	1 1/2 tablespoons all-purpose flour
2 cloves garlic, minced	3/4 cup water
1 pound peeled crawfish tails	1/2 cup finely chopped green onions
1 teaspoon salt	1/2 cup chopped fresh parsley
1/2 teaspoon ground black pepper	Hot cooked rice

DIRECTIONS:

1. MELT butter in a large skillet over medium heat. Add onion and next 3 ingredients; saute, stirring constantly, 5 minutes.
2. STIR in crawfish and next 5 ingredients; cook 5 minutes. Stir in flour; cook, stirring constantly, 2 minutes.
3. STIR in water gradually; cook over low heat 20 minutes, stirring mixture occasionally.
4. STIR in green onions and parsley; cook 3 minutes. Serve over rice.

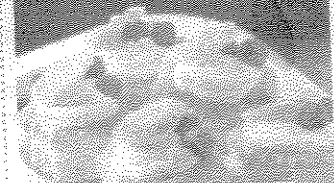
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STEAMED SNAPPER WITH GINGER, LIME, AND CILANTRO

Low-fat, low-cal: Steaming helps preserve the flavor and nutrients of the fish without adding extra fat

5 tablespoons chopped fresh cilantro, divided
1/4 cup bottled clam juice
2 tablespoons fresh lime juice
2 tablespoons chopped green onion
1 tablespoon grated peeled fresh ginger (see tip below)
1 tablespoon soy sauce
1 tablespoon toasted sesame oil
1 teaspoon fish sauce (such as nam pla or nuoc nam)*

2 6- to 8-ounce red snapper fillets or halibut fillets

Mix 3 tablespoons cilantro and next 7 ingredients in small bowl to blend. Set aside. Pour enough water pot to reach depth of 1 inch. Add steamer rack or basket. Top with 9-inch-diameter glass pie dish. Bring to a boil.

Place fish in pie dish. Pour cilantro sauce over. Sprinkle with salt and pepper. Cover pot; steam fish just until opaque in center, about 6 minutes for snapper and 8 minutes for halibut. Serve with sauce; garnish with 2 tablespoons cilantro.

To peel and grate fresh ginger: Using a small knife, peel away the thin, light-brown skin from the ginger as needed. Then rub the peeled ginger back and forth over the raised bumps of a small porcelain ginger grater (found at Asian markets).

*Available in the Asian foods section of many supermarkets, at some specialty foods stores, and at Asian markets.

Makes 2 servings.

Bon Appétit

March 2005

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Sundried Tomato Pesto

Degree of difficulty: Low
Preparation time: 10-15 minutes

You need:

- 250gm sundried tomatoes
- 100gm toasted pinenuts
- 2 cloves garlic
- ½ bunch parsley - picked and washed
- 100 gms shaved parmassan
- 150 mls olive oil
- A pinch of salt

Method:

Place all the ingredients except the olive oil into a food processor and blend to a course paste. Gradually add your olive oil and blend to a smoother paste. Correct seasoning and place into an air tight jar and refrigerate. Use as required.

Serving suggestion:

Ideal as a pasta sauce with cream.
 Makes a nice dip when added to some cream cheese.
 Spread over the top of a chicken breast just before serving.

Date published: 23/10/2001

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Recipes

Norma Wade's Rapid Recipes

Pasta with Caper Pestò

1 lb. fusilli pasta
 1/2 cup Catalano's seasoned bread crumbs
 2 Tbsp. drained capers
 4 garlic cloves
 1/2 cup extra-virgin olive oil
 1/4 cup chopped fresh parsley
 Freshly grated Romano cheese

Finely chop separately capers and garlic. Boil pasta as directed on package. While pasta is cooking, in a large heavy skillet, cook garlic in oil over moderate heat, stirring, just until pale golden, about two minutes. Stir in capers, parsley, and bread crumbs and cook, stirring, until bread crumbs and garlic are golden, one to two minutes. Drain pasta in a colander and transfer to a heated large bowl. Pour sauce over pasta and toss to combine. Top with Romano cheese.

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Stuffed Shells I

Jumbo macaroni shells stuffed with cheese mixture, covered with sauce, and baked. Makes 8 servings.

Printed from **Allrecipes**, Submitted by **karen marshall**

- | | |
|---|---|
| 1 (16 ounce) package jumbo pasta shells | 1 pinch garlic powder - 4 cloves garlic |
| 4 cups large curd cottage cheese | 1 teaspoon dried oregano |
| 12 ounces mozzarella cheese, shredded | 1 teaspoon dried parsley basil |
| 1/2 cup grated Parmesan cheese | 1 (26 ounce) jar spaghetti sauce |
| 2 eggs, lightly beaten | 1/4 cup grated Parmesan cheese |

Directions

- 1 Cook shells according to package directions. Place in cold water to stop cooking. Drain.
- 2 Mix together cottage cheese, mozzarella cheese, 1/2 cup Parmesan cheese, eggs, and garlic powder. Rub the dried herbs in the palms of your hands to pulverize them, and stir into the cheese mixture. Stuff mixture into the shells.
- 3 Spread 1/3 of spaghetti sauce in the bottom of a 15 x 10 inch pan. Place shells open side up, and close together in pan. Spread remaining sauce over top, and sprinkle with remaining 1/4 cup Parmesan cheese.
- 4 Bake at 350 degrees F (175 degrees C) for 25 to 35 minutes, or until bubbly. Let stand 10 minutes before serving.

2 tbs. fennel seed

Daniel Noll

From: Daniel Noll
Sent: 1/27/05 4:05 PM
To: Daniel Noll
Subject: Re: gumbo recipe

make a roux.
use flour and oil... (or you can use lard, butter) I use the same amount of oil as you do flour.
cook it until the roux smells like it's rotting.
you gotta stir that puppy the whole time.
it needs to be hot, but not too hot or it will burn.
stir it until it gets brown and wait until it starts to smell.
the smell needs to stick with you and to everything.
the bottom should be covered with the roux.
at that time, you start to add the finely chopped vegetables.
I recommend celery, peppers, garlic, onions... think green and white.

now... for etouffe this is the exact same start. except i also add tomatoes and use multi-colored peppers.
I also add a spoon full of crushed red pepper powder (not flakes) at the get go.
Now the roux may seem like it's too dry, but it will expand with the vegetable juices.
Now I typically start by adding the chicken and crawfish (I'm sure you can get packaged tails at Carrefour) and add the shrimp about half hour later.

Let it cook on low heat for about an hour (all total) stirring frequently. Then you cook some fresh rice and scoop the stuff on top.

In terms of spice, you can add salt and pepper, I sometimes tweak it with oregano also.. just to make it more tony like.
also you can add a splash of pepperoncini juice at the start.

Aight?

Aight.

T

I can continue on the gumbo if you like.