

Étouffée is a dish found in both Cajun and Creole cuisines typically served with shellfish over rice. The dish employs a technique known as smothering, a popular method of cooking in the Cajun areas of southwest Louisiana. Our take on this Cajun classic uses duck and sausage to create a mouth-watering dish perfect for Pinot Noir!

Duck, Mushroom and Sausage Étouffée



Serves 4-6

- ½ c. Duck fat or neutral oil
- 1½ c. All-purpose flour
- 1½ c. Celery, diced small
- 1½ c. Green bell pepper, diced small
- 2 T. Jalapeño, minced
- 1½ c. Yellow onion, diced small
- 1½ T. Garlic, minced
- 1 c. Beer
- 2 Qt. Roasted chicken stock
- 1½ c. Andouille sausage, sliced into half moons
- 2½ c. oyster mushrooms, roughly chopped
- 2 ea. Bay leaves
- ½ bunch Thyme
- 1½ c. Duck legs, confit and pulled
- 5 t. Cajun spice such as Tony Chachere's Creole Original Seasoning
- 1½ T. Louisiana style hot sauce such as Crystal
- 1 t. Worcestershire sauce

Melt duck fat in large pot over low heat. Whisk in flour and continue whisking until roux is color of milk chocolate.

Add celery, jalapeño, garlic, bell pepper and onion. Sauté until translucent and slightly caramelized.

Whisk in beer and chicken stock little by little until smooth.

Tie thyme sprigs and bay leaves with kitchen twine to make a bouquet then add to pot.

Bring to a simmer and allow to cook for 30 minutes, stirring regularly.

Place a separate sauté pan over high heat. Add a little oil or duck fat and sauté sausage until slightly caramelized. Add to étouffée.

Add duck confit, spice blend, hot sauce, Worcestershire and simmer 5 minutes longer.

Remove from heat and season to taste with salt.

Serve over aromatic rice or with crusty bread and a glass of your favorite Papapietro Perry Pinot Noir.